EUROPEAN AND
AMERICAN CUISINE

GESINE LEMCKE.

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BY

GESINE LEMCKE

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Beauty, health, and happiness depend upon the kind of food we eat.

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PREFACE.

WHAT science can boast of having done more for the happiness of humanity and the advance of the civilization of the world than the art of cooking? It is strange that this, the most valuable, is so often left in the hands of the ignorant. It should be the duty of every woman who expects to become a wife and mother to study the art of cooking and the science of domestic affairs, for the destiny of the world depends upon the food we eat.

Never is a man more susceptible to kind and noble deeds than after partaking of a good meal. And I sincerely hope that this work may be of benefit, and give able assistance, to our many tried housekeepers in preparing healthy and nutritious food.

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SOUPS, Etc.

Large Bouquet.—Place on top of 3 clean sprigs of parsley 1 sprig of thyme, 1 bay leaf, 2 cloves, 1 blade of mace, and 9 whole peppers; fold the parsley around the herb and spice, so as to inclose them entirely inside the parsley; then tie it tightly with a white string, and use as directed in various recipes.

Small Bouquet.—Place on top of 1 sprig of clean parsley 1/4 bay leaf, 1/4 blade of mace, 1 clove, 1/2 sprig of thyme, and 6 whole peppers; inclose the herb and spice in the parsley, tie it with a white string, and use as directed in various recipes.

Consommé.—Cut 3 pounds of beef, 3 pounds of veal, and 1 chicken into small pieces. Spread the bottom of a soup kettle with butter, cover this with 2 thin slices of raw ham, on top of this place the meat, adding 2 quarts of cold water, and set the kettle over a medium hot fire; let it boil slowly until the water has boiled away and the bottom of the kettle is covered with a rich brown gravy. Great care must be taken not to have the fire too strong, so that it does not burn; otherwise the bouillon will be worthless. Frequent stirring is necessary while boiling. Then add enough cold water to cover the meat, add 1/2 tablespoonful salt, 1 sliced carrot, 1 white turnip, 1 celery root, 2 large onions, and a bouquet; cover the kettle tightly, and let it boil slowly until the meat separates from the bone; then remove the meat, strain the broth, free it from every particle of fat, return the broth to the kettle, beat the whites of 3

eggs to a stiff froth, mix them with ½ gill of cold water, add to the soup, stir and boil 5 minutes; then draw the kettle to side of stove; let it remain 10 minutes. Put a sieve over a saucepan, lay a napkin in the sieve, then pour in the consommé and strain it through the napkin. The consommé must be transparent and have a rich brown color. It is the basis of all clear soups, and is also served in cups at luncheon and suppers.

Plain Soup Stock.—Chop into pieces a shank of beef weighing from 3 to 4 pounds; place in a soup kettle; add, if handy, a small shank of veal, meat gravies, and any fine-chopped bones that may be at hand—from roasted meat or poultry; also a piece of liver or kidney may be added; cover all with cold water; set the kettle over a slow fire, let it heat gradually until it boils; then add ½ tablespoonful salt, 2 onions, 2 leeks, 2 stalks of celery, 1 small carrot, 1 white turnip, and a large bouquet; cover tightly, and let it boil gently till the meat falls from the bone; then remove the meat, strain the stock through a napkin, and free it from every particle of fat. If not used at once, let it cool; then put it into a stone jar or glass jars; cover and place it in the ice box. It will keep for three days in summer, and for one week in winter. This stock is used for all plain soups.

White Stock.—Take a shank of beef and veal weighing 3 pounds each; remove the breast, legs, and thighs of a well-cleaned chicken (reserve them for other purposes); chop the body of the chicken into pieces, also the beef and veal; place them in a soup kettle; add the giblets and the well-cleaned feet of the chicken, and cover all with cold water; place the kettle over a slow fire, let it heat gradually until it begins to boil; then add 2 leeks, 1 white turnip, 3 onions, 1 carrot, a large bouquet, and ½ tablespoonful salt; cover the kettle tightly, and let the stock simmer gently till the meat separates from the bone; then remove the meat; strain the stock into a clean saucepan; free it from every particle of fat. Beat the whites of 3 eggs to a stiff froth, mix with ½ gill of cold

water, add it to the stock; place the saucepan over the fire, stir and boil 5 minutes; then draw the saucepan to side of stove; let it remain 10 minutes; then strain the stock through a napkin. If not used at once, put away in glass jars, and keep in a cool place. Care must be taken to have the soup stock perfectly cold before the jars are closed, and it will then keep for several days. This stock is used for all fine soups.

Chicken Broth.—Procure a nice plump chicken weighing about 3½ pounds; singe, draw, and wash it quickly in cold water; or, in place of washing, wipe the chicken in and outside with a damp towel. Pour boiling water over the feet, let them lay 1 minute, take out, remove the skin, and place them with the chicken and giblets in a large saucepan; cover with cold water, add ½ tablespoonful salt; cover the saucepan, and place it over a moderate fire, and as it comes to a boil remove all the scum; then add 2 leeks, 2 white onions, 2 sprigs of parsley, and 1 blade of mace; keep the saucepan tightly covered, and boil slowly till the chicken is tender. When done take out the chicken, remove the meat, return the bones to saucepan, and continue the boiling ½ hour longer; then strain the broth through a napkin, remove all the fat, and season to taste with salt. If not used at once, put away in glass jars for general use. The broth should be perfectly cold before the jars are closed. The chicken may be served whole, with egg sauce, or Sauce à l'Allemande, etc.

Mutton Broth.—Place 2 necks of mutton in a saucepan, cover with cold water, add 1 teaspoonful salt, and as it comes to a boil remove all the scum; add ½ cupful fine-cut soup celery, 1 onion, 1 sprig of parsley, and a small carrot cut into pieces; cover tightly and boil until the meat falls from the bones; then strain it through a napkin into a bowl; remove every particle of fat, and season to taste with salt. This broth is mostly used for invalids. One tablespoonful of barley or rice may be boiled with the broth. Another way is to add to ½ pint of broth the yolk of 1 egg and 2 tablespoonfuls sweet cream.

Veal Broth.—Place in a soup kettle a knuckle of veal weighing from 2 to 3 pounds; cover with cold water, and add ½ table spoonful salt; as it comes to a boil remove all the scum that rises; then add 1 white turnip, 2 onions, 2 leeks, 3 sprigs of parsley, and 1 blade of mace; boil slowly till the meat falls apart; then take it out, remove all the fat from the broth, strain it through a sieve and napkin into a bowl, and season to taste with salt. If not used at once, put away in glass jars, and keep in a cool place. Care must be taken to have the broth perfectly cold before the jars are closed; it will then keep for several days.

Glaze.—Place 2 pounds beef, 3 pounds veal, and 1 old chicken in a soup kettle with sufficient cold water to cover; add 2 onions and 1 carrot; boil slowly 4 hours, without salt; then strain; remove the fat; put the stock into a stewpan over a clear fire; let it boil until it becomes somewhat thick like sirup, keep stirring to prevent its burning; then fill it into small jars. Use for glazing large pieces of roast meat, fish, and côtelettes. It may also be used for sauces when they are not strong enough. If the glaze is to be kept for some time, melt some suet and pour a few spoonfuls of it over the glaze when cold; it will keep for some time. When the glaze is to be used remove the suet, melt the glaze by setting the jar in a vessel of hot water; dip a small brush in the glaze, and brush the article which is to be glazed over with it. If the glaze is wanted of a light color, only veal and chicken should be used. If only a small quantity of glaze is wanted, any kind of stock, boiled down, will be found to produce a very good glaze.

Consommé with Rice.—Place a soup kettle with a shank of beef 2½ pounds in weight over the fire; cover with cold water; when it boils, add 1 leek, 1 small carrot, and ½ tablespoonful salt; cut 3 large onions into thick slices; wipe off the cover of the stove; lay the onions on top the cover, and let them get dark brown on both sides; then add them to the soup; cover and boil slowly from 2 to 3 hours. In the meantime parboil for 5 minutes 1 cupful well-washed rice; drain and rinse it off with cold water; return the

rice to the saucepan; add ½ tablespoonful butter, 1 pint of water, and 1 even teaspoonful salt; cook slowly till done; then put the rice into a buttered form, and set it in a warm place. Shortly before serving, strain the soup through a napkin; season to taste with salt; pour it into the tureen; turn the rice out of form and serve it with the soup.

Consommé with Sago.—Boil 2 or 3 tablespoonfuls sago in 2 quarts of stock for 10 minutes; put some fine-chopped parsley in the tureen, and pour the soup over it Farina may be used the same way.

Consommé aux Ravioles.—Mix the yolks of 4 eggs with flour into a stiff paste; work the paste on to a floured board till it does not stick to the hands; then divide it into 2 parts, roll each part out into a sheet as thin as paper, prepare a chicken forcemeat, with few spoonfuls grated Parmesan cheese; place with a teaspoon small portions on one of the sheets, one inch apart; dip a small brush into cold water, and brush around each portion; lay the remaining sheet over; press the two sheets around the forcemeat together with the wrong side of a cutter, then cut them out with a larger cutter, and place them on a floured board; 15 minutes before serving drop into boiling salted water and cook 10 minutes; then remove with a skimmer and lay in the tureen; pour 3 pints of consommé over; serve with grated Parmesan cheese.

Consommé aux Ravioles à la Génoise.—Prepare 12 ravioles the same as in foregoing recipe; after they are boiled, drain them on a sieve; melt 2 ounces of butter in a deep frying pan, let it get light brown; add the ravioles; sprinkle over 2 tablespoonfuls grated Parmesan cheese; shake them to and fro for a few minutes; serve them in a hot dish; pour 3 pints of hot consommé in a tureen and send it to the table with the ravioles.

Consommé aux Croûtes Gratinées.—Cut the rind from a large loaf of Vienna bread into round pieces, dry them in the oven; spread a dish thickly with butter; put in the crust; pour

over a few spoonfuls consommé; lay over the top small pieces of butter, sprinkle over 3 tablespoonfuls grated Parmesan cheese; place the dish for 10 minutes in a hot oven; if the crust should be too dry add a little consommé; put 3 pints consommé in the tureen; add ½ pint of boiled asparagus tops; place the dish with the crust into a silver dish, and serve it with the consommé.

Consommé aux Profiteroles.—Place 1 cup milk with 2 ounces butter over the fire; as soon as it boils add 4 ounces flour; stir until it forms into a smooth paste, then remove; when nearly cold mix it with the yolks of 3 eggs, and last the beaten whites; put this mixture into a pastry bag; squirt small portions, the size of a walnut, on to buttered pans, brush them over with beaten egg, and bake in oven till done. Prepare a chicken forcemeat from the breast of 1 young chicken; mix it with 2 tablespoonfuls Parmesan cheese; open the profiteroles on the sides, and fill them with the forcemeat; return to oven, bake 10 minutes, and serve on a plate; put ½ pint cooked cauliflower roses and green peas in the tureen; pour 3 pints hot consommé over, and serve with the profiteroles.

Consommé aux Profiteroles à l'Italienne.—Bake the profiteroles the same as in foregoing recipes, but a little larger; cut from the top a small piece; fill them with the preparation mentioned below; prepare 1 cupful chicken forcemeat of ½ the breast of a young chicken, season the remaining half with little salt, and place it with the chicken liver in a saucepan; add 1 ounce butter and 6 fine-cut mushrooms; cover and cook till done, without browning; then mix it with the forcemeat and use it as directed above. Place them in a dish; add little consommé and a small piece of butter or bouillon fat; cover with grated Parmesan cheese, and bake 15 minutes. Serve the consommé in a tureen; set the dish with the profiteroles in a silver dish, and serve with the consommé.

Consommé with Kaiser-Nockerl.—Place a saucepan with ½ cup milk over the fire; add ½ tablespoonful butter, little salt, and nutmeg; as soon as it boils add ½ cup of flour; stir till it

forms into a smooth paste; remove, and when nearly cold add the yolks of 2 eggs, 1 whole egg, and 1 heaping tablespoonful Parmesan cheese; form this with 2 teaspoons into small, long-shaped dumplings; drop them into boiling salted water; cook 6 minutes; remove with a skimmer, and put them with 3 pints of hot consommé in a tureen and serve.

Consommé au Riz à la Turque.—Cover 6 ounces rice in a saucepan with boiling water, cook 5 minutes; then drain on a sieve, rinse off with boiling water, spread the rice out on a napkin; let it remain 30 minutes; then melt in a saucepan 2 ounces butter; add the rice; cook and stir 5 minutes; add 1 pint white bouillon, 1/4 teaspoonful saffron; put the rice into a double boiler, and cook till done; the rice should be dry and the kernels whole when done. Shortly before serving, melt 2 ounces butter; let it remain till light brown; turn the rice on to a long dish, pour over the butter, mix it lightly with 2 forks; put it in a dish, and serve with consommé.

Consommé Garbure à l'Italienne.—Remove the outer green leaves from a small head of cabbage, and quarter it; then put it into a saucepan with boiling water, and cook 15 minutes. Throw away the water, and fill up the saucepan with white stock; lay 6 small sausages on top of the cabbage; cover the saucepan tightly, and boil half an hour. At the same time boil in another vessel 6 carrots and 6 small white onions in water, with a little sugar, until tender; have also 8 or 10 pieces of toast prepared, without the rind; then lay a layer of toast in a deep dish; drain, and cut the cabbage into small pieces and the sausages into slices, also the carrots; place first some cabbage, then some slices of sausages, carrots, and onions over the layer of toast in the dish; put over this a layer of grated cheese, and then toast, cabbage, sausages, carrots, onions, and cheese again; cover the whole with toast; pour some of the liquor the vegetables were boiled in over all; sprinkle some grated cheese over the top; bake 15 to 20 minutes in the oven; and then serve with clear bouillon, or fine consommé.

Consommé à l'Italienne.—Mix in a small saucepan ½ cupful flour with ½ cupful milk; add 1 ounce of butter, 3 tablespoonfuls grated Parmesan cheese, a little salt and pepper and nutmeg; stir this over the fire until the contents of saucepan has formed into a smooth paste; remove it from the fire; add the yolk of 1 egg, 1 whole egg, and ½ teaspoonful chopped parsley; turn a sheet of writing paper in the shape of a funnel; cut a small piece from the end ¼ inch in diameter and fill the above mixture into the funnel; close the large end the same as you would a paper with sugar or tea; butter a tin plate; then with a gentle pressure force the paste out in the shape of large peas. This is done with a sudden jerk of the wrist. As soon as the paper is covered with these fragments of paste, which must not touch one another, have 3 pints of boiling consommé or stock over the fire; hold the plate for a few minutes over the fire and then let them slide into the soup; cook 5 minutes, and serve with grated Parmesan cheese.

Consommé Milanaise.—Melt 1 tablespoonful butter in a saucepan; add 2 tablespoonfuls fine-chopped onions, ½ fine-chopped green pepper, 1 fine-bruised garlic, 6 fine-chopped mushrooms (or some dried mushrooms, previously soaked in cold water), 2 tablespoonfuls fine-chopped boiled ham; cook 6 minutes; then add 1 can tomatoes or 8 fresh tomatoes; season with 1 tablespoonful sugar, 1 teaspoonful salt, ½ teaspoonful pepper; cook 30 minutes; at the same time put a half package of spaghetti into boiling water, add ½ tablespoonful salt, and boil till tender, about 25 minutes; then drain it on a sieve; cut the spaghetti into pieces 1 inch long and return it to saucepan; add 2 ounces butter in small pieces, shake the saucepan to and fro, till both ingredients are well mixed; then place the spaghetti in alternate layers in a dish with the tomatoes, and 4 ounces grated Parmesan cheese; mix the whole well together with a fork and serve with consommé.

Consommé au Risotto à l'Italienne.—Wash 1 cup of rice; put it in a saucepan; cover with boiling water; boil 5 minutes;

then drain, rinse with boiling water, spread the rice on a napkin for a few minutes; melt 2 ounces of butter in a saucepan, add 2 tablespoonfuls fine-chopped white onion, cook 6 minutes without browning; add the rice, stir for 5 minutes; then add 1 pint white bouillon; place the saucepan into another vessel of boiling water, cover and cook till tender, but so that the kernels stay whole; turn the rice on to a long dish, add 2 ounces butter broken into small pieces, 1 teaspoonful liquid beef extract, and 4 ounces grated Parmesan cheese; mix it lightly with 2 forks without breaking the rice; put the rice into small buttered timbale forms; set them for 10 minutes into hot water; then turn them out on to a plate, and serve with 3 pints of hot consommé.

Consommé St. Hélaire.—Select a young chicken of 2½ pounds; clean and wash it quickly in cold water, place it in a saucepan, cover with cold water; add ½ tablespoonful salt; as soon as it boils add 2 leeks, 1 onion, 2 blades of mace, and 2 sprigs of parsley; cover and boil till the chicken is tender; remove it, cut the breast into small pieces, and put the meat in the tureen; strain the broth, remove the fat; beat the whites of 2 eggs to a stiff froth, mix them with little cold water; add them to the soup, stir and boil 5 minutes; then strain through a napkin; put 1 cupful cooked green peas and ½ cupful cooked rice in the tureen; pour the soup over it, and serve with grated cheese.

Consommé with Potato Dumplings.—Prepare a consommé as directed. Boil 2 large potatoes with their skins, and when cold peel and grate them; stir ½ ounce of butter to a cream, add the yolks of 2 eggs, a little salt, a sprinkle of nutmeg, and ½ teaspoonful of farina; when this is well mixed add the grated potatoes, and form with 2 teaspoons small dumplings the size of a pigeon egg; strain the consommé, return it to the saucepan, and as soon as it boils again put in the dumplings and cook 5 minutes. Place in the tureen a little fine-chopped celery and some chopped parsley; pour over this the boiling soup. The dumplings may be

boiled in salted water, then placed in the tureen, and the soup poured over them.

Consommé à la Brunoise.—Peel and scrape 1 large carrot and 1 white turnip; cut the red part from the carrot into small dicelike pieces the size of peas; cut the turnip, some celery, 1 white onion, and 1 leek the same way; place the leek and onion with ½ ounce of butter over the fire; cook 5 minutes; place the remaining vegetables in a saucepan, cover with boiling water; cook 3 minutes, drain in a sieve, and add them to the onion and leek; cover with consommé and cook till tender; then add 3 pints consommé, boil slowly 10 minutes, remove all fat, season if necessary with salt; ½ cupful young green peas, previously boiled in water with a little sugar, may be added if handy.

Consommé with Macaroni and Tomatoes.—Remove the skin from 6 large fresh tomatoes, and cut them into pieces; melt 1 ounce butter in saucepan, add 2 tablespoonfuls fine-cut onion, the same of fine-cut ham, a bouquet, and 8 whole black peppers; cook and stir 5 minutes; then add the tomatoes, 1 teaspoonful salt, 1 teaspoonful sugar, ¼ teaspoonful pepper, cook 20 minutes; remove from fire, mix the yolks of 2 eggs with ½ cup cream, add it to the tomatoes; then strain through a sieve; boil 4 ounces macaroni in salted water, drain in a sieve, and cut into small pieces; place them in a saucepan, toss for few minutes over the fire, add 2 ounces grated Parmesan cheese and the tomatoes; mix them carefully together, put them in a dish, and pour the consommé in a tureen.

Consommé with Garbure aux Laitues.—Remove the outer leaves from 4 large round heads of lettuce; wash the lettuce in cold water and place in a saucepan; cover with boiling water, add ½ tablespoonful salt, and boil 5 minutes; drain on a sieve; cool them in cold water, then press them out, and return the lettuce to saucepan; cover with consommé; add 2 small onions, and cook till tender; then remove the lettuce, lay it on a napkin, and cut each head into two, remove the thick veins; cut 8 thin slices of bread,

remove the rind, and toast it light brown; then butter it; lay them alternately with the salad in a dish; strain the salad broth over it; add little more consommé; sprinkle 4 tablespoonfuls grated Parmesan cheese over the top and bake 30 minutes in medium hot oven; serve the salad in the same dish, with 3 pints of consommé in the tureen.

Bouillon with Rice.—Place in a saucepan over the fire ½ pound of rice; cover with cold water, and let it boil for a few minutes; pour it into a sieve and rinse off with cold water. While the rice is draining fry 1 tablespoonful fine-chopped onion in 1 ounce butter without browning; add this to the rice and let it remain on the stove for 5 minutes, shaking the saucepan all the time; then pour 1 quart of bouillon over the rice, and boil without stirring until tender. The kernels of the rice must be whole when done, and great care should be taken that the rice does not get too dry, and if it does some more bouillon should be added. When done take the rice from the fire; mix it carefully with 1 ounce butter and 2 ounces of grated Parmesan cheese. Put the rice in a deep dish, cover with a layer of grated cheese, and set for a few minutes in the oven. Pour the bouillon in the tureen, and serve with the rice. Another way is to prepare the rice the same way, omitting the onion and cheese. Shortly before serving mix 1 ounce butter and a little saffron with the rice.

Royal Soup.—In a soup kettle put 2 pounds shank of beef, some veal bones, and, if handy, some poultry trimming; cover with cold water, add ½ tablespoonful salt; then place the kettle over the fire. While this comes to a boil cut 2 large onions into thick slices, lay them on a tin pan, set the pan in a hot oven until the onions are dark brown; then add them with 1 small carrot, 1 leek, and a bouquet to the soup; cover the kettle and boil slowly 2 hours. In the meantime mix 3 well-beaten eggs with 3 tablespoonfuls of water and 3 tablespoonfuls milk; season with ¼ teaspoonful nutmeg and the same of salt; pour the mixture into a small buttered

bowl. Twenty minutes before serving place the bowl in a pan of water, so it reaches half way up the bowl; set it in the oven to bake until the custard is firm to the touch; then remove. Strain the soup through a napkin; remove the fat; add, if necessary, more salt; pour the soup in a tureen; cut with a teaspoon small portions from the custard; drop them into the soup, and serve. In case the oven is not hot enough to brown the onions, lay them on top of the stove and brown them on both sides.

Julienne Soup.—One large carrot, some white celery, 1 white turnip, 1 leek, 1 white onion, some Savoy cabbage, the white part of a head of lettuce, and, if handy, take 2 leaves of sorrel and little chervil; cut the carrot into slices 1 inch in thickness; peel off the red part, lay the red strips over one another, and cut them into fine strips like straws; peel and cut the turnips into slices, lay 3 or 4 slices over one another and cut them the same way; cut the remaining vegetables in the same manner. Place the fine-cut onion and leek in a saucepan with $\frac{1}{2}$ ounce butter over the fire, and cook 5 minutes without browning; place the remaining vegetables in a saucepan, cover with boiling water, boil 5 minutes, drain in a sieve, and then add them to the onion and leek. Shake to and fro for a few minutes, and add sufficient consommé to cover; add $\frac{1}{2}$ teaspoonful sugar, and let it cook slowly. When done add 3 pints consommé, cook 10 minutes longer; season with the necessary salt, and serve.

Spring Soup.—Cut 1 leek, 1 head of lettuce, and 1 white onion into fine slices; cover with boiling water, and boil them 2 minutes; then drain off the water; return the vegetables to the saucepan; add 1 tablespoonful butter, cook 5 minutes; then add 1 cupful cauliflower roses, 1 cupful asparagus tops, $\frac{1}{2}$ cupful fine-cut carrots, $\frac{1}{2}$ cupful fine-cut white turnips, $\frac{1}{2}$ cupful fine-cut young wax beans, 1 cupful fresh green peas; cover with consommé; season with 1 teaspoonful salt and $\frac{1}{2}$ teaspoonful sugar, and boil till tender; then add 3 pints of consommé, a little Cayenne pepper, and season to taste with salt and pepper.

Soup à la Printanière.—Put a small knuckle of veal and some poultry giblets into a soup kettle; add ½ tablespoonful salt, cover with cold water; place the kettle over the fire; as soon as it boils add 1 onion, 2 leeks, 1 carrot, 1 white turnip, and a bouquet, cover and boil 2 hours. In the meantime place a saucepan with 1 tablespoonful butter over the fire; add 1 cupful fine-shredded cabbage, ½ cupful fine-cut leeks, the same of celery, white turnips, white onions, and carrots, cook and stir 5 minutes; then strain the broth; add it to the vegetables, with 1 tablespoonful rice, 1½ cupful tomatoes; cook 40 minutes; add ½ pint fine-cut veal meat, and serve.

Asparagus Soup.—Place a saucepan with 1 pint fine-cut asparagus over the fire; add ½ tablespoonful butter and 1 cup white broth, of veal or chicken; boil gently till done; add 3 pints broth, boil 2 minutes; season to taste, and serve.

Spring Herb Soup.—Place a saucepan with a shank of veal over the fire, cover with cold water (if at hand, add some poultry trimmings); as soon as it boils add ½ tablespoonful salt, 1 carrot, a little celery, 2 onions, 1 leek, and 1 white turnip; cook slowly 2 hours; then strain, and remove all the fat. In the meantime wash and cut fine a small handful of sorrel, 1 head of lettuce, small handful of chervil and dandelion, and a little balm; place them in a saucepan with 1 tablespoonful butter; cook 10 minutes, stirring all the time; then add 1½ quart of the veal broth; cook slowly 30 minutes; and, if necessary, add more salt. Five minutes before serving mix the yolks of 2 eggs with ½ cup cream, add them to the soup with ¼ teaspoonful grated nutmeg and ½ teaspoonful sugar. (Do not allow the soup to boil after the yolks have been added.) Serve with duchess crust prepared as follows: Cut the crust from a loaf of bread into strips, then cut into rounds with a small cutter the size of a 25-cent piece, and dry them in the oven.

Soup à la Chesterfield.—Remove the meat from the breast of a well-cleaned chicken, chop it fine, and set aside; cut the remain-

ing chicken into pieces; place it in a soup kettle, with 1 pound of beef and 1 pound of veal; cover with cold water; set the kettle over a moderate fire; as soon as it commences to boil add 1 onion, 1 leek, a bouquet, and ½ tablespoonful salt; cover and boil slowly. In the meantime put into a small saucepan ½ pint sherry wine, 2 cloves, ¼ teaspoonful of thyme or 1 sprig of thyme, 1 blade of mace, cover tightly, and simmer 30 minutes; place in another small saucepan 2 ounces of tapioca, previously soaked in cold water; cover with cold water; add 1 teaspoonful butter, ¼ teaspoonful salt; set over moderate fire, and cook till soft. Soak 2 ounces of bread in cold water, press it out in a towel, put it with 1 ounce butter in a small saucepan, stir this over the fire 5 minutes; transfer it to a dish, and when cold add the chopped chicken meat mentioned above; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful nutmeg; add the yolks of 2 eggs and the 2 whites beaten to a stiff froth. Divide this forcemeat into 3 parts, leave 1 part white, add to the second part 1 tablespoonful crab butter, and mix the third part with 2 tablespoonfuls fine-minced truffles; form the 3 parts, each separately, into small balls, like marbles. When the chicken is done, transfer it to a hot dish, remove the fat from the soup, season with salt, if necessary. Strain the soup; return it to kettle again; set it over the fire; strain the wine essence through a napkin, add it to the soup; add the boiled tapioca; boil the whole slowly 10 minutes; drop the forcemeat balls into boiling salted water, or meat broth, cook 5 minutes; remove with a skimmer, lay them in the tureen, and pour the soup over it. If at hand, ½ pint of turtle meat cut into inch-sized pieces, dipped in beaten egg, and covered with bread crumbs fried in butter, and, after laying on blotting paper to absorb the grease, may be added to the soup when ready to serve.

Vegetable Soup.—Place a soup kettle with a shank of beef weighing about 2 pounds over the fire; cover with 2 quarts cold water; add ½ tablespoonful salt; cover closely and boil slowly from 2 to 3 hours. In the meantime prepare the vegetables; ½

cupful fine-cut carrots, ½ cupful fine-cut white turnips, ½ cupful fine-cut celery, ½ cupful fine-cut onions, the same of potatoes and cabbage, ½ cupful canned tomatoes (or 1 chopped tomato); place the vegetables in a saucepan over the fire; add sufficient boiling broth from the meat to cover them; cover and boil slowly till done, which will take 1 hour. Shortly before serving transfer the meat to a hot plate, strain the soup, remove all the fat, add the vegetables, season with ½ teaspoonful pepper, and, if necessary, add more salt. The meat may be served with horse-radish or onion sauce.

Italian Vegetable Soup (Menestra).—Cut fine 2 medium-sized carrots, 1 onion, 1 stalk of celery, a quarter of a cabbage; place a saucepan with 2 ounces of butter over the fire, add the vegetables, and cook 10 minutes; then add 1 tablespoonful rice, 2 quarts of stock, 1 teaspoonful salt, ½ teaspoonful pepper; boil slowly, well covered, 1 hour; serve with grated cheese.

Mongole Soup.—Place a saucepan with ½ pint of dried peas over the fire; cover with cold beef stock; boil till tender, and then press them through a sieve; cut 1 medium-sized, well-cleaned carrot into thin slices, lay several slices over one another, and cut into strips like straws; cut 1 white onion the same way, and add to this 1 fine-cut leek; place the vegetables over the fire with 1 tablespoonful butter, cook 10 minutes; then cover with 1 pint of boiling stock and cook till tender. Stew ½ can tomatoes with ½ tablespoonful butter, ½ teaspoonful salt, ¼ teaspoonful pepper, and 1 teaspoonful sugar for 20 minutes, and then strain. As soon as the vegetables are done add the pea purée, the strained tomatoes, and 1 quart of good stock; cook for few minutes; season to taste and serve.

Gumbo Soup.—Put a shank of veal and some poultry trimmings in a soup kettle; cover with cold water; add ½ tablespoonful salt; set the kettle over moderate fire; as soon as it boils add 1 carrot, 1 onion, 1 leek, and a bouquet; cover and boil slowly 2

hours; when the soup is done, strain it and remove the fat, fry 1 fine-cut onion in 1 tablespoonful butter light brown; add 2 tablespoonfuls fine-cut raw ham, 2 tablespoonfuls fine-cut green peppers; season with 1 teaspoonful salt, ½ teaspoonful pepper; add 1 tablespoonful rice, ½ pint sliced ocher, 1 fine-cut tomato; cover with 3 pints of soup stock, described above, and boil 30 minutes; add about 1 cupful fine-cut frog meat, cook 10 minutes. In place of frog meat, crab, lobster, or shrimp meat may be taken, and sometimes chicken or veal is used.

Soup à l'Italienne.—Cut ½ of a young chicken into inch-sized pieces, place the meat in a saucepan over the fire; add 2 ounces butter, 1 fine-cut carrot, 1 small green pepper without the seeds, 1 onion, and ½ cupful fine-cut raw ham; fry and stir for 10 minutes; cover ¼ cupful rice with boiling water, let stand 3 minutes; drain off the water and again put the rice into boiling water for 2 minutes; then drain, add it to the soup with ½ cupful canned tomatoes, and cover the whole with 2 quarts of soup stock. Put 2 ounces of macaroni into boiling water, cook 2 minutes; drain, cut into pieces, and add it to the soup with ½ teaspoonful pepper and 1 teaspoonful salt, and cook slowly 40 minutes. Before sending to table taste, and if necessary add more salt.

Spinach Cream Soup.—Cook 2 quarts well-washed spinach 2 minutes in salted water; drain and press out all the water; chop fine and rub it through a sieve; melt 2 ounces butter; add 2 ounces flour; stir and cook 2 minutes; add ½ pint milk, stir 2 minutes; add the spinach, mix and dilute it with 3 pints white stock; stir till it boils; put ½ pint of whipped cream in a soup tureen; pour in the soup and serve.

Tomato Potato Soup.—Boil 6 large peeled potatoes in salted water; when done, drain and put them through a potato press; melt 2 ounces butter; add 2 ounces flour, stir and cook 2 minutes; add 1 pint milk and cook to a smooth sauce; add the potatoes;

mix all together; then add 3 pints of white stock or broth; season with salt, and cook slowly 5 minutes; then add ½ pint of cooked strained tomatoes and serve. If too thick, add more broth or more milk.

Tomato Soup.—Place a saucepan with 1 tablespoonful drippings, poultry fat, or butter, over the fire; add 2 tablespoonfuls fine-cut carrots, the same of fine-cut onions and celery; add also 3 cloves, 6 whole peppers, 1 bay leaf, and a small sprig of thyme; stir this for 10 minutes over the fire; then add 1 tablespoonful flour, continue the stirring for a few minutes; then add 1 can tomatoes, stir, and let it cook 15 minutes; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, and 1 teaspoonful sugar; continue the boiling for a few minutes; strain through a sieve; add 1 quart of stock; season to taste, and serve either with small dice of bread fried brown in butter, or add 1 cupful boiled spaghetti cut into small pieces. Another way is to add 1 cupful boiled rice or 2 tablespoonfuls sago, and boil 10 minutes with the soup; or soak 2 tablespoonfuls of tapioca for 2 hours in cold water, add it to the soup, and boil slowly 20 minutes.

Tomato Cream Soup.—Place a saucepan with ½ cupful fine-chopped onion over the fire; add 2 ounces butter, cook 5 minutes without browning; then add 1 tablespoonful flour, stir and cook 2 minutes; add 1 can of tomatoes, 1 tablespoonful sugar, 1 teaspoonful salt, ¼ teaspoonful pepper, cook 10 minutes, stirring frequently; add 1½ pint of white stock, or broth, cook 10 minutes; then press the soup through a sieve into a clean saucepan; return the soup to the fire, let it get boiling hot; mix the yolks of 2 eggs with ½ pint of cream, add it to the soup, and serve at once. Care must be taken not to add the cream and yolks until just before serving. Serve with bread croûtons.

Tomato Soup without Meat.—Melt 1 ounce butter in a saucepan; add 2 fine-chopped onions, stir and cook 5 minutes without browning; add 1 can of tomatoes, 1 tablespoonful sugar, 1 tea-

spoonful salt, 1/4 teaspoonful pepper; cook 15 minutes; then press the tomatoes through a sieve into a clean saucepan; at the same time boil 1 pint of milk, with 1/2 ounce butter, mix 1 tablespoonful flour with 1 gill of cold milk; add it to the boiling milk; stir and cook 3 minutes; add the tomatoes, and serve at once. Serve oyster crackers with it.

Tomato Soup with Egg Balls.—Place a saucepan with 1 tablespoonful butter, 1 bay leaf, 12 whole peppers, and 1 fine-chopped onion over the fire, cook 5 minutes without browning; add 2 tablespoonfuls rolled crackers, 1 can of tomatoes, 1 teaspoonful salt, 1 tablespoonful sugar, 1/2 even teaspoonful pepper, cook 15 minutes; add 1/2 pint of boiling water; press the tomatoes through a sieve into a clean saucepan. Mix the yolks of 2 eggs with 1/2 pint of cream; add it to the soup; place 12 egg balls (mentioned below) in the tureen, and pour the soup over. Grate 2 hard-boiled eggs; mix them with 1/2 ounce melted butter and the yolk of 1 egg; season with a little salt and nutmeg; form it into 12 small balls like marbles; roll them in flour; drop them into boiling salted water, cook 5 minutes; then remove, and lay them in the tureen.

Corn and Tomato Soup without Meat.—Melt 2 ounces butter in a saucepan; add 2 fine-cut onions, 1 bay leaf, and 12 whole peppers; cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 2 minutes; add 1 can of tomatoes, 1 tablespoonful sugar, 1 teaspoonful salt, 1/4 teaspoonful white pepper, stir often, and cook 10 minutes; add 1 pint of boiling water, cook 5 minutes; then press the tomatoes through a sieve into a clean saucepan; cut the corn from 6 young ears of green corn, add it to the soup, and boil 10 minutes; mix the yolks of 2 eggs with 1/2 cupful cream or 2 tablespoonfuls unsweetened condensed milk; add it to the soup, and serve at once.

Tomato Corn Soup.—Place a saucepan with 2 ounces butter and 1/2 cupful fine-chopped onions over the fire; add 1 bay leaf, 12

whole peppers, cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 2 minutes; add 1 can of tomatoes, 1 tablespoonful sugar, 1 teaspoonful salt, ½ teaspoonful pepper, stir and cook 5 minutes; then add 1 quart of stock and cook 20 minutes; strain the soup into a clean saucepan, return it to the fire; when it boils add 1 can of sweet corn, boil 10 minutes; if necessary add more salt; 5 minutes before serving mix the yolk of 2 eggs with ¾ cupful cream, add it to the soup, and serve at once. The yolk and cream may be omitted if not handy. Another way is to put 2 tablespoonfuls cream into each plate, then fill in the soup. If fresh corn is used, cut the corn from the cobs of 6 ears of young corn; and if fresh tomatoes are used, take 8 ripe tomatoes.

Corn Soup.—Place a soup kettle with a shank of veal over the fire; cover with cold water; add ½ teaspoonful salt, and place the kettle over the fire; when it begins to boil add 2 onions and a bouquet; cut the corn from 6 ears of young green corn and set it aside; add the cobs to the soup and boil 2 hours; then remove the meat and cobs; strain the broth into a clean saucepan; return it to the fire; add the corn, cook 5 minutes; melt 1 tablespoonful butter in a small saucepan; add 1 tablespoonful flour; stir and cook a few minutes; add to the soup, continue to cook 5 minutes; season to taste with salt and little white pepper; add ½ cupful cream or 2 tablespoonfuls of unsweetened condensed milk, and serve.

Potato Soup without Meat.—Boil 8 large potatoes (peeled) in 1 quart of water with 1 tablespoonful salt; when done, drain off the water and press the potatoes through a potato presser; place a saucepan with 2 fine-chopped onions and 1 ounce butter over the fire; cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 2 minutes; then add 3 pints of boiling water, a bouquet, and ½ cupful fine-cut celery, cook 30 minutes; then strain into a clean saucepan; mix the potatoes with 1½ cupful hot milk and 1 ounce butter; then add them to the soup, boil 5 minutes; add last 1 tablespoonful fine-chopped parsley and a little fine-chopped

celery, then serve. The soup should not be allowed to boil after the parsley is added.

Mingle Mengle Soup.—Place a saucepan with 2 well-washed necks of mutton over the fire; cover with 3 quarts cold water; as soon as it boils add a bouquet, 2 fine-cut onions, some celery, and 1 leek; season with ½ tablespoonful salt; cover and boil 2 hours. Boil 1 tablespoonful barley in a small saucepan in water with a little butter; put 1 quart well-washed spinach into boiling water; add 1 teaspoonful salt, boil 10 minutes; then drain in colander, press out all the water, chop it very fine. As soon as the meat is done take it out, strain the soup into a clean saucepan, remove the fat; add the barley and ½ pint green peas; then boil gently 15 minutes. Put the spinach in a saucepan, add ½ tablespoonful butter, a little nutmeg, and 2 tablespoonfuls cream; cook and stir for few minutes; then add it to the soup; add last 1 tablespoonful fine-chopped parsley; season to taste with salt and pepper.

Chiffinade Soup.—Stew 1 quart young shelled peas in 2 cups of water, with ¼ pound ham, 1 tablespoonful butter, 2 small whole onions till tender; then take the meat and onions out, pour the peas into a colander, drain, and press them through a sieve with a spoon; return the peas to the saucepan; add 2 quarts stock and boil slowly 10 minutes. In the meantime cut 2 heads of lettuce very fine; stew them with 1 tablespoonful of butter, 2 tablespoonfuls bouillon, till tender; add them to the soup, and serve with little square pieces of toast. If necessary add more salt and serve.

Dried-Bean Soup.—Place in a saucepan over the fire 1 pint of well-washed dried beans, covered with cold water; add 1 teaspoonful baking soda, boil 15 minutes; then drain in colander; rinse off with cold water; place them with 2 pounds beef or 1 pound salt pork, some bones, and 3 quarts cold water, over the fire; add as soon as this boils some salt (if fresh meat is used), also some celery, 2 onions, and 3 or 4 well-cleaned and finely-cut carrots; boil slowly until the beans are tender, which will take from 2 to 3 hours;

strain the soup through a coarse sieve, taking care that the carrots are pressed through with the beans, as they give the soup a handsome color; season to taste with salt; let the soup get boiling hot again, and serve. Some prefer not to have the soup strained; in such cases, take only 1 carrot, some celery, and 2 onions. If the beans are soaked overnight, the parboiling with baking soda is not necessary.

Lentil Soup (German Linsen).—Place 1 pint well-washed lentils in a saucepan over the fire; cover with cold water; boil 15 minutes; then drain them in colander, rinse off with water; return the lentils in a soup kettle to the fire; add 2 pounds shank of beef, cover with cold water; add ½ tablespoonful salt, and boil slowly for 1½ hour, removing all the scum; then add some fine-chopped celery, some onions, and a soupplate full of fine-cut potatoes; boil until done and serve with fried sausages or boiled Frankfurter, or boil the parboiled lentils until done; press them through a colander or coarse sieve; have some fried sausages cut into slices, put them in the tureen, pour the soup over them, and serve.

Pea Soup with Pigs' Feet.—Soak ½ pint well-washed dried peas in cold water over night; place a soup kettle with 2 salted pigs' feet over the fire; cover with cold water; boil 15 minutes; then drain in colander, rinse off with cold water; return the feet to the soup kettle again, cover with 2 quarts cold water; add 1 fine-cut onion, 1 carrot, and little soup celery; drain the peas, add them to the soup; cover the kettle and boil slowly till the peas and feet are done. Shortly before serving take out the pigs' feet, cut the meat into small pieces, and set it in a warm place with little of the soup; strain the soup through a coarse sieve, season to taste; add the fine-cut meat and serve. The soup may be served without being strained, if liked.

Split-Pea Soup.—Place a soup kettle with a shank of beef, weighing 1½ pound, over the fire; cover with cold water; add 1 pint of well-washed split peas and ½ tablespoonful salt; as soon as

it boils add 1 cupful fine-cut celery, 1 onion, 1 small carrot, and a bouquet; cover and boil slowly till the meat is tender, about 2 or 3 hours; then remove the meat; press the soup through a sieve, return it to the saucepan; if too thick add a little boiling water, boil a few minutes; season to taste with salt and pepper and serve with croûtons or small square pieces of toast.

Kidney Soup.—Cut 1 beef kidney into slices; season with ½ tablespoonful salt, ¼ teaspoonful pepper; dust over some flour; melt ½ tablespoonful butter and ½ tablespoonful lard or fat in a saucepan; add the kidneys and ½ cupful fine-cut carrots, the same of onions; let this cook 15 minutes, stirring frequently; then add 3 pints boiling water and a bouquet; cover and boil slowly 1 hour; then strain the soup; cut the kidney slices into fine strips; add them to the soup; season to taste with salt and pepper, then serve.

Giblet Soup.—Pour boiling water over 2 chicken feet; let them lay 1 minute; then take them out, remove the skin and wash them well in cold water; place the feet with the giblets and neck of chicken in saucepan; add 3 pints cold water, 1 teaspoonful salt; set the saucepan over moderate fire; as soon as it boils add 1 onion and a small bouquet; cover and boil slowly 1½ hour; then strain the soup into a clean saucepan; return it to the fire again, and when it boils sprinkle in 1 tablespoonful farina; then melt ½ tablespoonful butter, add ½ tablespoonful flour, stir until it foams; then add it to the soup, boil 10 minutes; add a little finely-chopped parsley, and serve. (Do not allow the soup to boil with the parsley.) In place of farina, 1 tablespoonful boiled rice may be added, or sponge dumplings may be boiled in the soup; also forcemeat balls, marrow balls, farina balls, or mix 1 well-beaten egg with ¼ teaspoonful butter and 1 tablespoonful flour; pour this slowly into boiling soup and cook 5 minutes; also fine-cut nudles may be boiled in it.

Mutton Soup.—Wash a neck of mutton, put it in a saucepan

with 2½ quarts cold water; as soon as it boils add ½ cupful fine-cut celery, 2 onions, 1 leek, and ½ tablespoonful salt; cover and boil until the meat is tender. In the meantime place a saucepan with 3 tablespoonfuls barley, covered with cold water, over the fire; cook until tender. Shortly before serving take out the meat; strain the soup; cut the meat into small pieces, return it to the soup; add the barley; season to taste with salt, and serve.

Veal Soup.—Place 2 pounds of veal and some soup bones in a saucepan over the fire; cover with cold water; add salt, 1 leek, 1 sliced onion, and a bouquet, and boil slowly till the veal is done; then take out the meat and cut it into pieces; lay it in the tureen; boil the bones a little while longer. In the meantime melt 1 tablespoonful butter in a saucepan, stir in 1 tablespoonful flour, and as soon as the flour has absorbed all the butter add it to the soup. After boiling the soup for 20 minutes longer, strain, season to taste with salt and a little nutmeg, pour it in the tureen over the meat; add some fine-chopped parsley, and serve.

Soup with Marrow Balls.—Procure 2 pounds of soup meat, with a marrow bone, and if at hand add a small piece of liver and kidney; remove the marrow from the bone; place the meat and bone in a soup kettle, cover with cold water, set the kettle over the fire; as soon as it boils add 2 fine-cut onions, 1 leek, 1 white turnip, 1 small carrot, ½ cupful fine-cut celery, a bouquet, and ½ tablespoonful salt; cover and boil slowly till the meat is done. In the meantime rub 1 heaping tablespoonful of marrow to a cream, add the yolk of 1 egg, season with ¼ teaspoonful salt, the same of grated nutmeg, and 1 teaspoonful fine-chopped parsley; mix these ingredients well together; then add 3 tablespoonfuls grated bread crumbs, add last the white of egg beaten to a stiff froth; form this preparation with the hands into 12 small round balls; when the meat is done remove it; strain the soup into a clean saucepan, return it to the fire again; as soon as it boils add the dumplings; boil 6 minutes; taste the soup, and if necessary add more salt, and

if not strong enough add little beef extract. The parsley, if not handy, may be omitted.

Nudle Soup.—Place in a saucepan a shank of veal, or take 1½ pound shank of beef; cover with cold water; add 1 teaspoonful salt; set the saucepan over the fire, and when it begins to boil add 1 fine-cut onion, 2 slices of carrots, 1 leek, little soup celery, and a bouquet; cover and boil 2 hours; then strain, remove the fat, return the soup in saucepan to fire again. Melt in a small frying pan ½ tablespoonful butter, add ½ tablespoonful flour, stir until the butter has absorbed all the flour, add it to the soup; as soon as the soup boils again sprinkle in ½ the nudles described below, boil 10 minutes, and serve.

Nudles.—Mix 1 egg with ½ teaspoonful melted butter (measured after it is melted), 1 small tablespoonful water; add sufficient flour to make a stiff paste; work it 5 minutes on a floured board, until it does not stick to the hands any more; then divide it into 4 equal parts; roll each part as thin as a sheet of paper; cut them in strips 1½ inch in width; dust the strips with flour; lay 4 strips over one another, and cut them fine with a sharp knife like straws. When they are all cut in this way sprinkle them over the board and let them lay 1 hour; then sprinkle as many nudles as wanted into the boiling soup. This quanity of nudles is sufficient for 4 quarts of soup. If not wanted all at one time they may be put away in a box.

Einlauf Soup.—Place a soup kettle over the fire with a small shank of beef, about 2 pounds, or a shank of veal; cover with cold water; add ½ tablespoonful salt; cover and let it come to a boil; then add 2 onions, 1 small carrot, 1 white turnip, 1 leek, a little celery, and a bouquet; cover and boil slowly till the meat is done; then strain the soup into a clean saucepan, return it to the fire; melt ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes; add it to the soup; season with a little nutmeg, and if necessary add more salt; boil 5 minutes; then beat up 1 egg until

light; add ½ teaspoonful melted butter, 1 tablespoonful flour, 1 tablespoonful milk, a pinch of salt; hold this over the soup, let it run slowly into the boiling soup, cook 3 minutes; remove from fire, add 1 tablespoonful fine-chopped parsley, and serve.

Turkish Soup.—Melt 2 ounces butter in a saucepan; add 1 fine-chopped onion, ½ chopped green pepper, 2 tablespoonfuls fine-cut raw ham; cook and stir 6 minutes; then add the breast of a young chicken cut into small pieces, and 1 teaspoonful curry; cook 10 minutes; then add 2 quarts chicken broth (mentioned below), 1 tablespoonful rice, 1 cupful canned tomatoes, 1 even teaspoonful salt, a little white pepper; boil slowly about 45 minutes, then serve.

Chicken Broth.—Put the remaining chicken into a saucepan; cover with cold water; add 1 teaspoonful salt; place the saucepan over the fire; as soon as it begins to boil add 2 leeks, 1 onion, 1 blade of mace, and 2 sprigs of parsley; cover and boil till the chicken is tender; then strain through a sieve and use as directed above.

Chicken Soup.—Place a well-cleaned chicken in a soup kettle covered with cold water over the fire; as soon as it boils add some salt, 1 onion, a bouquet, and 2 leeks; cover the kettle up tightly and let it boil until the chicken is tender, which will take about 3 or 4 hours if the chicken is old, otherwise about 2 hours. When the chicken is done take it out and strain the soup; put the soup back into the kettle again and boil in it either parboiled rice, farina, nudles, or small dumplings; shortly before serving add a little fine-chopped parsley. The chicken may be served with egg sauce or may be used for chicken salad. Another way is to melt a tablespoonful butter in a saucepan, add 2 tablespoonfuls flour, and stir until the flour has absorbed all the butter; then add it to the soup. Place also small dumplings in the soup and let them boil for 6 minutes, and add shortly before serving a little chopped parsely; cut the chicken into 8 pieces; season with salt and pepper; dip in beaten egg and bread crumbs, and fry in butter and lard to a light brown; pour 1 pint

of Bechamel sauce on a hot dish, arrange the chicken over it, and serve. Or prepare a batter of ½ cup flour, 2 eggs (yolks and whites beaten separately), 1 cup of milk, and a little salt; dip the pieces of chicken into the batter, fry light brown in boiling fat or ½ lard and ½ butter, and serve with *maître d'hôtel* butter.

Turkey Soup.—This soup is made the same as chicken soup and is only recommended when the turkey is too old to be roasted.

Lark Soup.—Cut the breast from 6 roasted larks; chop the bone into fine pieces and place them with 2 quarts of boiling water in a soup kettle over the fire; fry 1 tablespoonful flour in the butter in which the larks were roasted, and keep stirring until the flour has absorbed all the butter; then add some of the bouillon from the birds; let it boil a few minutes and then pour it into the soup, and let this boil for 1 hour; strain the soup; put it on the fire again and boil small sponge dumplings in it. Cut the breast of the birds into small pieces; lay them in the tureen and pour the soup over them. If liked, a small glass of Madeira wine may be added. Pigeons and chickens can be prepared the same way.

Chicken Soup à la Maryland.—Remove the breast from a young chicken weighing 2½ pounds; put the remaining chicken with 2½ quarts cold water in a saucepan; add ½ tablespoonful salt; set the saucepan over the fire; as soon as it boils add 1 leek, 2 onions, and a bouquet; cook until the chicken is done; then strain the broth through a sieve. In the meantime cut the breast of the chicken into small pieces; place it in a saucepan with 1 ounce of butter, 2 tablespoonfuls fine-chopped onion, the same of green pepper, and a little curry; cook 10 minutes; then add the chicken broth, boil 20 minutes; add 8 sliced okras, ½ cup of fresh corn, ½ cupful fresh Lima beans; season with ½ teaspoonful pepper, and if necessary add more salt; cook 40 minutes.

Chicken Soup à l'Italienne.—Cut the meat from the breast of a young chicken into small pieces; place the remaining chicken in a soup kettle over the fire; cover with cold water; add ½ table-

spoonful salt; as soon as it boils add a bouquet, 1 carrot, 1 onion, and 1 leek; boil until the chicken is tender; then strain the broth through a fine sieve; melt in a saucepan 2 ounces butter, add the fine-cut breast of chicken, ½ cupful fine-chopped onion, the same of fine-chopped green pepper, mushrooms, and ham; cook 10 minutes; then add 1 cupful tomatoes and 2 quarts of the chicken broth; season with ½ teaspoonful salt, the same of pepper; cover and cook 30 minutes; taste, and if necessary add more salt; add 1 cupful boiled spaghetti, cut into small pieces, and serve with grated Parmesan cheese.

Pigeon Soup for the Sick.—Old pigeons are best for this soup. Clean and wash 2 old pigeons; place them in a saucepan with 3 pints of cold water and a little salt over a medium hot fire; cover the saucepan, and let it boil slowly until tender, which will take from 1 to 2 hours; half an hour before serving strain the soup; return it to saucepan; add 1 tablespoonful of farina, or 1 tablespoonful parboiled rice; let this boil till done; season to taste, then serve.

Pigeon Soup with Dumplings.—Clean 3 pigeons and place them in a saucepan with 2 quarts of water; as soon as they boil add some salt, 1 onion, 1 leek, and a bouquet; cover the saucepan, and let the pigeons boil until done, which will take about 1 hour if they are young, and if not, from 2 to 3 hours. In the meantime melt ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes over the fire; when the pigeons are done take them out; add the flour to the soup, letting it boil for a few minutes; place in a tureen some small farina dumplings, boiled in salted water; add also some fine-chopped parsley; strain the soup, and pour it over the dumplings in the tureen. The pigeons are cut in half and served with egg sauce or melted butter.

Soup with Chicken-forcemeat Dumplings.—Clean and wash a medium-size chicken; cut the meat from the breast and chop it fine; place the remainder of the chicken in a soup kettle with

3 quarts of cold water, some salt, 1 onion, a few leeks, and a bouquet; cover and boil slowly until done. In the meantime make a panada as follows: Set a small saucepan with ½ cupful boiling water and ½ tablespoonful butter over the fire; stir into this 3 tablespoonfuls flour and continue stirring until the mixture loosens itself from the bottom of the saucepan and has formed into a smooth paste; then take it off; stir ½ tablespoonful butter to a cream, add the yolks of 3 eggs, one at a time, the boiled paste, and the fine-chopped chicken meat; also ½ tablespoonful farina, and season with salt and pepper; beat up the white of 2 eggs and stir lightly through the mixture. When the chicken is done take it out; strain the soup through a sieve, and remove the fat; put the soup back into the soup kettle, and as soon as it begins to boil form the forcemeat into small dumplings with 2 teaspoons; drop them into the soup; boil slowly 5 minutes and then serve.

Oxtail Soup à l'Allemande.—Wash and cut 1 oxtail into pieces; place them in saucepan; add 2 ounces butter, 2 tablespoonfuls fine-cut carrots, 1 fine-cut parsley root, 1 fine-cut onion, 2 branches of soup celery, and 2 ounces fine-cut raw ham; stir this over the fire and cook 15 minutes; add 2½ quarts of stock, a bouquet, and ½ teaspoonful pepper; cover the saucepan tightly, and boil till the oxtail is done; then strain the soup; remove the fat; cut the meat from the bones, lay it in the tureen, and set it in a warm place; return the soup to saucepan again; place it over the fire. Melt 1 tablespoonful butter in a small frying pan, add 1 large heaping tablespoonful flour; stir until the flour has obtained a light-brown color; then add it to the soup; add 1 gill of Madeira wine, ½ cupful fine-chopped mushrooms, or 1 tablespoonful mushroom catsup; cook 10 minutes; season to taste with salt; add a little sugar color; pour the soup over the meat in the tureen and serve. Another way is to add 2 tablespoonfuls boiled barley.

Mock Turtle Soup.—Plunge a nice fresh calf's head into boiling water, let it remain 1 minute, then remove and rub all over

with a coarse towel, to remove all the remaining hair; carefully cut the flesh, starting from the center of the head right down to the nostrils, and then with a sharp knife bone it from the top to the base on both sides. Having boned the head, put it in a stewpan over the fire; cover with cold water, and as soon as it boils skim it well and continue to boil for 10 minutes; take the calf's head out and lay it in cold water; then butter the bottom of a soup kettle and lay over it 4 thin slices of raw ham, about ¾ of a pound in all. On this put 1 veal knuckle cut into fine pieces, and an old chicken partly roasted; add 2 quarts of cold water; cover and boil until the broth is reduced to a glaze (which means until the water has boiled away, and the bottom of the kettle is covered with a rich brown gravy; great care must be taken not to have the fire too strong, so it does not burn, otherwise the bouillon will be worthless; frequent stirring is necessary while boiling); then add the calf's head, also the tongue; fill the kettle with cold water, and as soon as it boils add 1 carrot, 3 large onions, 1 sprig of soup celery, 1 small white turnip, a large bouquet, and a little salt; let this boil gently until the calf's head is done; then take the head out and place it on a dish to cool; afterward to be cut into square pieces and added to the soup; strain the broth through a napkin, remove all the fat, and return 2 quarts of the broth to the fire again. Melt 1½ ounce of butter in a saucepan, add ½ cupful flour, stir and fry till light brown; then add it to the soup; add 12 fine-cut canned mushrooms; boil gently 20 minutes, removing all the fat that arises. Then add ½ cupful sherry, a little Cayenne pepper, 1 pint of the calf's-head meat cut into ½-inch-sized pieces, and if necessary more salt, and boil gently 10 minutes. Put 18 chicken-forcemeat balls, boiled in salted water, in the soup tureen, and pour the soup over it. Put the remaining calf's-head meat and broth into glass jars; cover tightly, keep in a cool place, and use for soups.

Soup à la Duchess.—Place a well-cleaned chicken in a soup kettle; cover with cold water; as soon as it boils add 1 onion, 1 leek, some salt, and a bouquet; boil till done; then take out the

chicken, remove the skin and bones, cut the meat from the breast into fine pieces, and lay them in the tureen; chop the bones up fine, and put them back into the soup kettle; melt ¼ pound butter in a saucepan, add 4 ounces of bread crumbs, and let them get light brown; add them to the soup; boil for ½ an hour, then strain, remove the fat; mix the yolks of 3 eggs with ½ cup of cream or milk, stir this into the soup, and pour the same over the meat in the tureen. The remaining chicken meat can be used for chicken salad or croquettes.

Pigeon Soup à la Crême.—Place 2 well-cleaned pigeons in a saucepan with 3 pints of water over the fire; as soon as this boils add a little salt, 1 onion, and a small bouquet; cover the saucepan tightly and boil slowly till done; then take out the pigeons, cut off the meat from the breast, and lay the meat in the tureen; return the soup to saucepan; fry ½ tablespoonful flour in ½ tablespoonful butter few minutes; add it to the soup; cook 10 minutes; mix the yolks of 2 eggs with ½ cup cream; stir this into the soup; season with salt and little nutmeg; pour the soup over the meat in the tureen, and serve.

Soup à la Reine.—Place a soup kettle with 1 well-cleaned chicken over the fire; if handy, add a small veal knuckle and sufficient cold water to cover all; as soon as it boils add ½ tablespoonful salt, 2 leeks, 2 onions, 3 sprigs of parsley tied together with 2 blades of mace; cover and boil slowly. When the chicken is tender take it out, remove the meat, chop up the bones and return them with the skin to the soup kettle, and boil ½ hour longer; then strain through a sieve and a napkin, remove the fat, return the soup to the kettle and place it over the fire; melt 2 ounces of butter in a small saucepan, add 2 tablespoonfuls flour, stir until the flour has absorbed all the butter; add slowly 1 pint of the soup, stir until smooth; then add it to the soup; boil 15 minutes; mix the yolks of 2 eggs with ½ pint cream; season to taste with salt; draw the soup kettle to side of stove; add a little of the soup to the

cream and yolks, mix well; then pour it into the soup. Place the fine-cut white chicken meat from the breast in a tureen, pour the soup over, and serve.

Soup à la Victoria.—Place a saucepan with 3 pints of chicken or veal broth over the fire; fry 1 tablespoonful flour in 1 of butter; add it to the broth and boil 10 minutes. In the meantime boil ½ cup milk with ½ tablespoonful butter, add 3 tablespoonfuls farina, boil and stir till it has formed into a compact paste; remove it from the fire and mix it with the yolk of 2 eggs, a little salt, nutmeg, and 1 teaspoonful fine-chopped parsley, add last the beaten whites; cut off small portions with a teaspoon and drop it in boiling salted water, boil 5 minutes; remove them with a skimmer and lay them in the soup tureen. Mix the yolks of 2 eggs with ½ cupful cream or milk; remove the soup to side of stove; add a little of the soup to the yolks and cream; then stir it into the soup; season, if necessary, with salt, a little grated nutmeg, and pour over the dumplings, then serve.

Cream Soup of Cauliflower.—Cut 1 small head of cauliflower into pieces, and boil in 3 pints of white stock till tender; then rub it through a sieve; melt 2 ounces butter; add 2 ounces flour; stir and cook 2 minutes; add the cauliflower and the stock in which it was boiled; cook 5 minutes; if too thick, dilute either with milk or stock; add last ½ pint cream or 1 cupful milk, and season to taste. A ½ pint of strained cooked tomatoes may be added to this soup; also ½ pint of whipped cream may be put in the tureen and the soup poured over. Serve with croûtons.

Soup à la Vertpré.—Wash several times in cold water 1 quart of spinach; press out all the water by inclosing the spinach in a towel, and examine the spinach carefully so that it is perfectly clean; then press it through a sieve. In the meantime melt 1 tablespoonful butter in a saucepan; add ½ tablespoonful flour and stir this over the fire for a few minutes without browning; add ½ pint of chicken

or veal broth, a small bouquet, and boil 10 minutes; then strain it into another saucepan, add the spinach; season with a little salt and nutmeg; place the saucepan over a quick fire and cook 10 minutes, stirring constantly; then set it in a warm place until the soup is ready to receive it, which is made as follows: Place over the fire a soup kettle with 2 pounds of beef, a small shank of veal, and, if handy, some poultry trimmings; cover with cold water, and as soon as it commences to boil add a bouquet, 2 onions, 2 sprigs of soup celery, ½ tablespoonful salt; cover and boil slowly 3 hours. In the meantime clean 1 large carrot; cut it into thick slices lengthwise, peel off the red part, lay the slices over one another, and cut them fine like straws; peel and cut 1 white turnip into slices, lay 4 of them over one another and cut them the same way; place both vegetables in a saucepan, cover with some of the soup stock; add 1 teaspoonful butter and ½ teaspoonful sugar, and cook till tender; 10 minutes before serving strain the soup through a napkin; put 1½ quart of this stock in a saucepan; drain the carrots and turnips and add them to the stock. Add also the spinach, and, if handy, add ½ cupful stewed green peas, also a little fine-chopped chervil, cook 5 minutes, if necessary add more salt, and serve.

Xavier Soup.—Put a well-cleaned chicken in a large saucepan; cover with cold water and set it over a moderate fire; when it begins to boil remove the scum; add 2 sliced onions, 1 leek, 1 blade of mace, and 3 sprigs of parsley, ½ tablespoonful salt; cover tightly and boil slowly till the chicken is tender. In the meantime stew 1 cupful green peas in water with a little salt; when done drain off the water, press the peas through a sieve; melt ½ tablespoonful butter, add ½ tablespoonful flour, stir this for few minutes over the fire, add 3 tablespoonfuls chicken broth, and cook 3 minutes; then mix it with the peas; add 3 tablespoonfuls sweet cream, the beaten whites of 3 eggs, season with a little salt, pepper, and nutmeg. Fill the mixture into 6 small well-buttered timbale forms, set them in a pan of hot water to reach up half their height, and place the pan on top of the stove; cover and cook till firm, which will take about

20 minutes; 10 minutes before serving strain the chicken broth through a napkin laid in a sieve; return 3 pints of the broth to saucepan again; melt in a pan ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes; then add it to the broth; cook 5 minutes longer and draw the saucepan to the side of the stove; mix ½ cupful cream with the yolks of 2 eggs, add a little of the soup first to the cream and yolks, and then add the whole to the soup, but do not allow it to boil again. Cut ½ the breast of chicken into small pieces, lay it in the tureen; unmould the timbale forms, add them to the soup, and serve.

Cream Soup à la Française.—Place a soup kettle with 3 quarts cold water, 1 pound shank of beef, and a small knuckle of veal over the fire; add ½ tablespoonful salt and 4 ounces of pearl barley; as soon as it begins to boil add 1 onion, 1 leek, a bouquet, and 1 small carrot; cover the kettle tightly and boil slowly. In the meantime place a well-cleaned small chicken in a roasting pan; season with ½ tablespoonful salt, put 1 tablespoonful butter on the breast of the chicken; pour 1 cup of boiling water in bottom of pan, set it in a moderate oven, baste frequently, and roast till done; then transfer the chicken to a dish, remove the meat from the bones, cut it into small pieces, and set it covered with a little soup stock in a warm place; put the bones and gravy of chicken into the soup kettle, boil 30 minutes; then strain the soup, remove all the fat, and, if too thick, add a little boiling water; add, if necessary, more salt; then add ½ cup cream, lay the chicken meat in the tureen, pour the soup over it, and serve.

Vermicelli Cream Soup.—Place a saucepan over the fire with a shank of veal weighing about 2½ pounds, and cover with cold water; set the saucepan over a moderate fire, and as soon as it boils add 2 onions, 1 leek, a bouquet, and ½ tablespoonful of salt; cover, and boil slowly till the meat is done; then remove it, strain the soup, and return it to saucepan again. Melt ½ tablespoonful butter in a small saucepan, add ½ tablespoonful flour, and stir this for a

few minutes over the fire; then add it to the soup. In the meantime put 2 ounces of vermicelli in boiling water, cook 5 minutes, then pour it in a sieve, rinse off with cold water, and add it to the soup; cook 10 minutes longer, and draw the saucepan to side of stove. Mix ½ cupful cream with the yolks of 2 eggs, add it gradually to the soup; season with little nutmeg, and, if necessary, add more salt.

Macaroni Cream Soup.—Place a saucepan with 1 quart of boiling water over the fire; add 1 teaspoonful salt and 2 ounces of macaroni; cover, and cook 10 minutes; drain the macaroni, cut it into pieces 1 inch long, and return it to saucepan again; cover with veal or chicken broth, add ½ tablespoonful butter, cook slowly 20 minutes; add sufficient broth to make 3 pints in all; mix the yolks of 2 eggs with ½ cupful cream; draw the saucepan to the side of the stove, and add gradually the cream and yolks; season with a little nutmeg, and, if necessary, add more salt.

Cream Soup of Pearl Barley.—Prepare 2 quarts of white broth of chicken or veal; wash ½ pint of pearl barley in cold water, place it in a saucepan; cover with the 2 quarts of white broth; cover the saucepan and boil gently until the barley is tender, and then take ⅓ of the barley out and place it in a small saucepan; rub the remaining barley through a sieve; mix the whole barley with the cream of barley; add ½ pint of boiling cream, season to taste with salt, and serve. Some small force-meat balls, previously boiled in salted water, may be added to this soup; or ½ pint of boiled asparagus tops put in the tureen and the soup poured over. If the soup should be too thick add more broth.

Cream Soup of Green Peas.—Cook 3 cupfuls fresh green peas in 1 pint water, with 1 tablespoonful sugar, till tender; rub them through a sieve; melt 2 ounces butter; add 2 ounces flour; cook 3 minutes; add 2 cupfuls milk, stir and cook till smooth; add the pea purée, 1 teaspoonful salt, and 1 quart white stock; cook slowly 5 minutes; pour the soup into a tureen, and lay on top with a

spoon ½ pint whipped cream. In place of fresh peas, 1 can of French peas may be taken. If this soup should be too thick, dilute it with stock.

Cream Soup of Rice.—Wash ½ pint of rice, put it in a saucepan, cover with cold water, and set it over the fire to boil 5 minutes; drain it in a sieve, return to saucepan again, and add 2 quarts of white stock, or, if stock is not at hand, veal or chicken broth may be taken; cover closely, and boil gently until the grains of rice are soft; then rub the whole through a sieve, return to saucepan again, add more broth if too thick, and a small piece of butter, and boil 10 minutes longer; add, 5 minutes before serving, ½ pint of boiling cream; add, if necessary, more salt, and serve; 2 tablespoonfuls cooked whole rice may be added to this soup, or 1½ dozen small chicken forcemeat balls, previously boiled in salted water, may be put in the tureen and the soup poured over them; or if 1 tablespoonful crawfish butter is added it will give the soup a handsome color.

Cream Soup of Rice à la Royale.—Prepare a cream soup of rice the same as the foregoing recipe. Put 6 small egg custards (prepared as stated below) in the tureen and pour the soup over it. Egg Custard: Mix ½ cup of cream with 3 eggs, add 3 tablespoonfuls chicken broth, little salt, and nutmeg; fill this mixture into 6 small well-buttered timbale forms; 20 minutes before serving set them in a pan of hot water so that it reaches up to half their height; place them in the oven or on top of the stove, cover with buttered paper, and cook till the custard is firm. When ready to serve, unmould and place them in the soup tureen, pour the soup over them, and serve.

Cream of Asparagus.—Pare and cut ½ bunch of asparagus into small pieces; place them in a saucepan with 2 quarts of boiling white stock and 1 teaspoonful salt; cook 1 hour; then rub through a sieve and return the soup in saucepan to the fire; melt in a small saucepan 1 tablespoonful butter, add 1½ heaping tablespoonful flour, cook and stir 2 minutes, then add it to the soup; cook

slowly 10 minutes; season to taste with salt; add last the yolk of 2 eggs mixed with ½ cup cream, and serve with duchess crust, prepared as follows: Cut the rind from a loaf of bread into long, wide strips, cut the strips into rounds with a cake cutter, the size of a 50-cent piece; dry them in the oven, and serve with the soup.

Cream Soup à la Printanier.—Procure a small shank of veal, costing about 15 cents, ½ pound raw lean ham, 10 young carrots, 4 young white turnips, 1 onion, 1 quart of fresh green peas, and 4 sprigs of parsley; place the meat in a soup kettle, add the ham, and cover with cold water; add 1 teaspoonful salt, set it over the fire; as soon as it boils add 1 onion and a bouquet, and boil 2 hours; clean, wash, and cut the carrots and turnips into slices, then lay several pieces over one another and cut them into fine strips; place them in a small saucepan, cover with boiling water, add ½ teaspoonful sugar, a little butter, and cook until tender; shell the peas, and put the shells of the peas in the soup kettle with the meat; place the peas in a saucepan, cover with boiling water; add ½ teaspoonful salt, and cook till soft; then drain, and press the peas through a sieve; melt 1 tablespoonful butter in a small saucepan, add 1 tablespoonful flour, cook and stir 3 minutes; add ½ pint cream, season with salt and a little nutmeg, and cook 2 minutes; add the peas and cook 2 minutes longer; strain the soup, add 3 pints of the stock to the peas, and let it boil up. Taste it, and if not salt enough add more salt. Drain the carrots and turnips in a sieve; put them in the soup, add 1 tablespoonful fine-chopped parsley, and serve.

Cream Soup of Celery.—Place a saucepan with 1 pint of fine-cut table celery over the fire, cover with 3 pints white broth, and boil till tender; then strain through a sieve, return the soup to saucepan again, and season to taste with white pepper and salt; fry 1 tablespoonful flour in 1 tablespoonful butter, add it to the soup, and cook 5 minutes; then add ½ cupful cream and little grated nutmeg; serve with small squares of bread fried brown in butter. The

white stock, if not at hand, may be prepared of a knuckle of veal placed over the fire in a saucepan with 2 quarts of cold water, 1 onion, a bouquet, and salt; boil 2 hours; then strain, and use as mentioned above.

Cream Soup of Carrot.—Chop fine 4 medium-sized carrots; place them in a saucepan with 1 tablespoonful butter; add 1 fine-chopped white onion; cook 10 minutes without browning; add 2 quarts of white broth of veal or chicken, 2 tablespoonfuls rice, ½ tablespoonful salt, and ½ teaspoonful pepper; boil slowly 1 hour; then press it through a sieve into a saucepan, and add ½ cupful boiling cream; season, if necessary, with salt, and serve with croûtons.

Potato Cream Soup.—Peel and wash 8 medium-sized potatoes; place them in a saucepan over the fire; cover with 1 quart water; add 1 tablespoonful salt, and boil till tender; then drain off water, and press the potatoes either through a potato-masher or colander into a saucepan; add ½ tablespoonful kneaded butter, 1 cupful milk, and 1 quart bouillon; cook 10 minutes, and season to taste with salt, pepper, and a little nutmeg; remove from the fire, add 1 tablespoonful fine-chopped parsley, and serve with croûtons.

Bouillon for Above Soup.—Place a saucepan with 1 fine-cut onion and 1 tablespoonful drippings over the fire; add 1 fine-cut carrot and ½ cupful fine-cut celery; stir and cook 10 minutes; add 3 pints boiling water and some bones of roasted meat, or poultry, whichever may be on hand. Any remnants can be used for this; also the gravy of left-over chicken fricassee. Boil slowly 1 hour; then strain, and use as directed above.

Cream Soup of Turnips.—Place a saucepan with 1 tablespoonful butter and 1 pint fine-cut white turnips over the fire; cook 10 minutes; add 3 pints of white broth and a bouquet; cook 40 minutes; then press through a sieve, return the soup to saucepan, and place it over the fire. Melt 1 tablespoonful butter in a small saucepan, add 1 tablespoonful flour, stir and cook 3 minutes, then add it to the soup; add ¼ teaspoonful white pepper, and salt

if necessary; cook 10 minutes. Mix the yolks of 2 eggs with ½ cup cream or milk, and add it to the soup; do not boil again, but serve at once.

Cream Soup of Dried Peas.—Put a saucepan with 1 pound shank of beef over the fire, and cover with cold water; add 2 ounces lean salt pork, and 1 pint dried green peas previously soaked in cold water; as soon as it boils add ½ cupful fine-cut celery, the same of carrots and onions, and a bouquet; cover, and boil slowly till the peas are tender; then strain through a sieve into a clean saucepan; melt ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes, add it to the soup, and cook 5 minutes; add ½ cupful cream, or 1 tablespoonful unsweetened condensed milk, season to taste with salt, and serve with small pieces of bread fried in butter.

Cream Soup of Dried Beans.—Use the above recipe for Dried Peas.

Cream Soup of Lentils.—Is prepared in the same manner as Cream Soup of Dried Peas.

Cream Soup of Fresh Lima Beans.—Melt 1 ounce butter in a saucepan; add 2 fine-cut onions, 1 leek, some celery, 2 tablespoonfuls fine-cut ham, and 1 fine-cut carrot; cook and stir 10 minutes; then add 2 quarts white broth, a bouquet, and 1 pint of fresh-shelled Lima beans; season with ½ tablespoonful salt; cover, and cook 1 hour; then rub the soup through a sieve into a clean saucepan; return the soup to the fire; melt 1 tablespoonful butter, add 1 heaping tablespoonful flour, stir for few minutes; then add it to the soup, and cook 10 minutes; add ¾ cupful cream, and serve with croûtons.

Cream Soup of Sorrel.—Put 2 ounces of butter in a saucepan; add 1 quart of well-washed sorrel; cook 10 minutes; then mash it fine; place it, with 3 pints of white broth, in a saucepan over the fire and cook 10 minutes; melt 1 tablespoonful butter, add 1 tablespoonful flour, stir for few minutes; add it to the soup; season with 1 teaspoonful salt, ¼ teaspoonful pepper, cook 10 min-

utes; mix the yolks of 2 eggs with ½ cup of cream, add it to the soup, and serve with poached eggs, allowing 1 egg for each person.

Lettuce Cream Soup.—Choose 2 large heads of lettuce, remove the outer leaves, wash the lettuce thoroughly, and cut up fine; place with 1 tablespoonful butter in a saucepan, and put over the fire; cook 10 minutes, stirring constantly; add 3 pints of chicken broth, and cook slowly 1 hour; season to taste with salt and pepper; then press through a sieve into a clean saucepan, and return the soup to the fire; melt ½ tablespoonful butter in a saucepan, add ½ tablespoonful flour, stir for few minutes, add it to the soup, and cook 10 minutes; add 1 cupful cream and little nutmeg; serve with small squares of toast.

Potage à l'Impériale.—Remove the breast of a young chicken; cut the meat into slices, and pound it fine in a mortar with the whites of 2 eggs; season with ¼ teaspoonful white pepper, the same of nutmeg, 1 teaspoonful salt, add 2 tablespoonfuls whipped cream, mix all well together; set 1 hour on ice; then put a teaspoonful of this forcemeat on a buttered plate, set it for few minutes in the oven; if the forcemeat is too firm, add a little more cream; 15 minutes before serving spread the forcemeat, 1 inch in thickness, in a buttered pan, place the pan in a hot oven, cover with buttered paper, and bake 5 minutes; as soon as the forcemeat is firm to the touch remove it from the oven; cut it into small round pieces, lay them in the tureen; add ½ cupful fine-cut boiled carrots, the same of fine-cut boiled white turnips, ½ cupful young green peas previously boiled in water, with a little sugar; pour over 3 pints of boiling chicken broth, and serve.

Potage à la Mulligatawney.—Fry in 1 tablespoonful butter, 1 tablespoonful fine-cut or chopped onion, the same of raw smoked ham, and green pepper; cook 5 minutes; then add the fine-cut breast of a young chicken, 2 tablespoonfuls fine-cut carrot, the same of white turnip and leeks; cook and stir 5 minutes; season with 1 teaspoonful salt, ½ teaspoonful pepper, 1 even teaspoonful curry;

cover with 2 quarts chicken broth, prepared from the remaining chicken; add ½ cupful fine-cut egg-plant, ½ cupful fine-cut green apple, ¼ cup well-washed rice; boil 40 minutes; add, if necessary, more salt, and serve. In case the soup should be too thick, add more broth.

Potage à la Crême de Riz à l'Allemande.—Wash 1 cup of rice; place it in a saucepan over the fire, cover with cold water, boil 5 minutes; drain in a sieve, rinse off with cold water; put the rice in a saucepan, cover with white bouillon, and boil till soft; then press it through a sieve into a clean saucepan; add 2 quarts white bouillon, let it boil slowly 1 hour, removing all the scum that rises; mix the yolks of 2 eggs with ½ cup cream, add them to the soup; season with a little nutmeg, and, if necessary, add more salt; put ½ pint cooked green peas with ½ pint of boiled asparagus tops in the tureen; pour the soup over, and serve.

Potage à la Crême d'Orge.—Place 4 ounces well-washed pearl barley in a saucepan; add 2 quarts white bouillon; cover, and boil slowly 3 hours (if it should get too thick, add more bouillon); when done press it through a sieve; add 3 pints of the same bouillon; let it boil slowly 30 minutes, removing all the scum; mix 1 cup of cream with the yolk of 2 eggs; add them to the soup; if necessary, add more salt, and serve. Do not allow the soup to boil after the yolks have been added.

Potage à la Crécy.—Cut off the red part from 6 large carrots; add 1 white onion and a few stalks of celery; cut the vegetables into fine pieces, and place them with boiling water in a saucepan over the fire; boil 10 minutes; drain the vegetables in colander, and return them to saucepan with 1 tablespoonful butter and 1 teaspoonful sugar; place on a slow fire and cook 20 minutes, without burning or acquiring any color; then add 4 pints of white stock, described below; cover, and boil 1 hour; rub the soup through a sieve; if too thick, add more broth, and return it to saucepan; place again over the fire; fry ½ tablespoonful flour in ½ tablespoonful

butter; add it to the soup; boil for few minutes longer; season with 1/4 teaspoonful white pepper and, if necessary, some salt; add 1/2 cup cream or 1 1/2 tablespoonful unsweetened condensed milk, and serve.

White Stock for Above Potage.—Place a knuckle of veal, costing about 20 cents, in a saucepan; cover with cold water; set the saucepan over the fire; add, if handy, some poultry trimmings; as soon as it boils add 1 leek, 1 large onion and 2 strips of parsley tied together with a bay leaf, 2 whole cloves, 6 whole peppers, a small sprig of thyme, and 1/2 tablespoonful salt; cover and boil slowly till the meat falls from the bones; then strain through a napkin; remove all the fat. Use as directed above.

Potage à la Purée de Poireau.—Clean and wash 4 large leeks; cut them in fine slices; melt 2 ounces butter in a saucepan; add the leeks and 1/2 teaspoonful sugar; cook and stir 10 minutes; add 1 pint white bouillon; cook until tender; melt 1 tablespoonful butter; add 1 tablespoonful flour; stir for few minutes; add 1 pint white bouillon, 1/2 cup of mushroom liquor, and a bouquet; boil 10 minutes; remove the bouquet; add the leeks, and cook 15 minutes; then add 3 pints bouillon; cook for few minutes; press through a sieve; season to taste, and serve with boiled rice.

Potage à la Purée de Pomme de Terre.—Rub 6 large boiled potatoes through a sieve; cook 1 tablespoonful butter and flour 2 minutes; add 2 cupfuls milk; cook till smooth; add the potatoes and 1 quart white stock; season with salt and cook till smooth; mix the yolk of 2 eggs with 1 cupful cream; add it to the soup, serve.

Potage à la Purée des Lentilles à la Condé.—Soak 1/2 pint of lentils for several hours in cold water; then place them covered with cold water in a saucepan over the fire; add as soon as it boils 1 onion, little celery, and carrot; boil until tender; then press through a sieve. Remove the meat from 2 roasted partridges or 1 prairie-hen; grind the meat as fine as possible through a meat

grinder, or pound it fine in a wooden bowl; put it with the lentil purée in a saucepan, adding 1 pint soup stock, and rub the whole through a sieve. In the meantime place a saucepan with 1 ounce butter, 1 fine-chopped onion, and ½ cupful fine-chopped ham over the fire; add ½ cupful chopped carrot, little celery, and a bouquet; cook until the onions begin to brown; chop the bones of the birds fine, lay them with the remnants on top of the vegetables, add 1 pint soup stock; cook until the liquid has boiled away, and a brown gravy remains on the bottom of saucepan; cover with soup stock, add ½ cup of sherry wine, and boil 1 hour; then strain, add the broth to the above preparation, also a little nutmeg; let the soup get boiling hot, and serve.

Potage à la Purée Marrons à la Dauphine.—Remove the shells from 1 pound of large chestnuts; place the chestnuts in a saucepan with boiling water and boil 12 minutes; remove the brown skin, return the chestnuts in a saucepan to the fire, cover with consommé, and boil till tender; then press them through a sieve into a clean saucepan; add 3 pints consommé, ½ teaspoonful sugar, little nutmeg, and cook for few minutes. Boil a handful of nudles in boiling salted water, drain and put them in the tureen, pour the soup over, and serve.

Potage à la Purée de Haricots.—Soak for several hours in cold water 1 pint of dried white beans; then drain off the water; place them with fresh cold water over the fire; as soon as they boil add ½ cupful fine-cut celery, 2 onions, and the red part of 2 large carrots (without the core); season with 1 teaspoonful salt, and boil till tender; then press them through a potato masher, or a sieve; return the pureé to the saucepan, add 2 quarts white bouillon, and boil slowly 40 minutes; season to taste with salt; melt ½ tablespoonful butter, add ½ tablespoonful flour, stir few minutes, and add it to the soup; cook five minutes; add 1 cupful sweet cream, and serve with bread croûtons.

Potage à la Purée de Carottes à la Winton.—Blanch 3

calf tails; cool them in cold water; cut into pieces and place in a saucepan, with a shank of veal, a small piece of shank of beef, and, if handy, some poultry trimmings; cover with cold water; add ½ tablespoonful salt, ½ pound of raw lean ham; set the saucepan over the fire; as soon as it boils add a large bouquet, 2 onions, 1 leek, 1 white turnip, little celery, and ½ cupful sherry wine; cook 1½ hour. In the meantime clean 6 large carrots, pare off the red part and throw the core away, lay some of the parings over one another, and cut them into julienne, ½ pint in all; place with boiling water and ½ teaspoonful sugar over the fire, and boil till done. Cut the remaining parings into small pieces, put them in a saucepan with 1 tablespoonful butter, 1 teaspoonful sugar, and cook 6 minutes; then cover with bouillon from the saucepan, boil until tender; press them through a sieve, or potato masher; return the purée to saucepan, add 1 quart of the bouillon from saucepan, and cook slowly 40 minutes; as soon as the calf tails are done, take them out, cut off all the meat and put it in the tureen with the stewed carrots; strain the remaining bouillon, add it to the carrot purée; add a small glass of sherry, little Cayenne pepper, and, if handy, 1 tablespoonful fine-chopped chervil, the same of sorrel; add if necessary more salt, boil 5 minutes, then pour it in the tureen over the meat and carrots.

Potage à la Purée de Celeri à la Crême.—Place 1 pint of fine-cut white celery in a saucepan over the fire; cover with boiling water and cook 5 minutes; drain on a sieve; return the celery to saucepan, add 1 ounce butter, ½ teaspoonful sugar, ½ teaspoonful salt, cook and stir 6 minutes; then cover with white bouillon and cook until tender. Melt ½ tablespoonful butter, add 1 tablespoonful flour, stir for few minutes; add 1 cup of white bouillon, 1 cup of cream, a small bouquet, ½ teaspoonful of salt, ¼ teaspoonful nutmeg, and cook 10 minutes; remove the bouquet, add the celery, boil 10 minutes without covering; then press through a sieve; return the purée to saucepan, add 3 pints white bouillon, and boil few minutes; if necessary add more salt; add ¼ cup cream, and serve with croûtons.

Potage à la Purée d'Oignons à la Crême.—Clean and cut 4 large white onions into quarters; place them with boiling water in a saucepan over the fire and cook 3 minutes; drain them on a sieve; return the onions to a saucepan with 1 ounce butter, 1/4 teaspoonful nutmeg, 1/2 teaspoonful sugar, 1/2 teaspoonful salt; cover and cook 8 minutes. Melt 1/2 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir for few minutes; add 1 1/2 pint white bouillon, 1/2 pint of cream, 1/2 teaspoonful salt, 1/4 teaspoonful nutmeg, 1/2 cupful mushroom liquor, a bouquet, and cook 10 minutes; remove the bouquet, add the onions, and cook till soft, stirring constantly; then press through a sieve; return the purée to saucepan, add 3 pints white broth, 1/4 cup of cream, and if necessary add more salt; put 12 boiled chicken or veal forcemeat balls in the tureen, and pour the soup over it.

Potage à la Purée de Navets à la Crême.—Place 1 pint of fine-sliced white turnips in a saucepan over the fire; cover with boiling water and cook 5 minutes; drain them on a sieve. Melt 1 ounce butter in a saucepan, add the turnips, 1 teaspoonful sugar, 1/2 teaspoonful salt, and cook 10 minutes, stirring frequently; then cover with white bouillon, and boil till tender. Melt 1/2 ounce butter in a saucepan, add 1 tablespoonful flour, stir for few minutes; add 1/2 pint white bouillon, 1/2 pint cream, a small bouquet, if handy little mushroom liquor; season with 1/2 teaspoonful salt, 1/4 teaspoonful nutmeg, and cook 10 minutes; remove the bouquet, add the turnips, and cook 10 minutes, without cover; press through a sieve; return the purée in saucepan to the fire, add 3 pints of boiling white bouillon, and 1/2 cup of cream; serve with croûtons.

Potage à la Vitricare.—Peel, wash, and cut in slices 8 large potatoes, 1 white onion, 3 stalks of celery; place this into a saucepan with 2 ounces butter; season with 1 teaspoonful salt, 1/4 teaspoonful pepper, the same of grated nutmeg; set on a slow fire, to simmer gently, stirring occasionally until nearly dissolved into a kind of purée; add 1 pint white broth, and cook 30 minutes

longer; then rub them through a sieve; return the purée in a saucepan to the fire, adding 2 pints white broth, and boil gently 15 minutes; add ½ pint boiling cream, a small piece of butter, and a pinch of sugar. Put ½ cup of cooked green peas, and the same of asparagus tops in the tureen with the potato balls described below.

Potato Balls.—Bake 3 large potatoes, cut them in half and rub through a sieve; then place the potatoes in a saucepan with ½ ounce butter, and ½ cup rich cream; season with salt, pepper, and nutmeg; stir over the fire till the mixture ceases to adhere to the spoon; then remove it; add the yolks of 2 eggs and the beaten white of 1; mold them into small balls like marbles, and drop into boiling salted water; boil 5 minutes; remove the potato balls with a skimmer, lay them in the tureen, and pour the soup over it.

Potage à la Crême d'Orge à la Purée de Volaille.—Place a saucepan with ½ cup of barley over the fire; add 1 quart white bouillon and cook till soft; then press it through a sieve. Remove the meat from a young roasted chicken; pound the meat very fine and add it to the barley; chop the chicken bones into pieces, and put the bones with the remnants in a saucepan over the fire; cover with white bouillon; as soon as it boils, add 1 leek, 1 onion, and a bouquet; cook 1 hour; then strain; add 3 pints of this broth to the chicken and barley, and boil 10 minutes; then strain through a sieve into a clean saucepan; return the soup to the fire; melt ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes; add it to the soup and boil 10 minutes, removing all the scum; mix the yolks of 2 eggs with ½ cup cream, add it to the soup; if necessary add little salt. The soup should not boil after the eggs are added.

Potage à la Purée de Volaille à la Reine.—Take a well-cleaned plump chicken weighing 3 pounds; rub ½ tablespoonful salt in and over it; put 2 thin slices of larding pork over the breast; roll the chicken in buttered paper; place it with few thin slices of

larding pork in a roasting pan, adding 1 cup of boiling water; roast and baste till done, which will take about 1 hour. At the same time place a saucepan with a shank of veal (about 3 pounds) over the fire; add the giblets, neck, and the well-cleaned feet of the chicken, cover with cold water; as soon as it boils add 1 large white onion, 1 leek, a bouquet, and ½ tablespoonful salt; cover and boil slowly. As soon as the chicken is done take it out of the oven; free it from the paper; remove the meat from the breast; chop the remaining chicken into pieces; add it to the soup and boil 1 hour. Chop and pound the breast as fine as possible, adding gradually ½ cup cream; place it on ice; 20 minutes before serving strain the soup through a napkin, return the bouillon to the kettle and place it over the fire. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir for few minutes until the butter has absorbed all the flour; add gradually 1 pint of the soup, stir until smooth; then pour it into the soup and boil 10 minutes; taste it; if necessary add more salt; add the chicken purée (which was placed on ice) and ½ cup cream; let it come to a boil, then serve.

Potage à la Purée de Faisan.—Remove all meat from a roasted pheasant, chop and pound it to a purée; at the same time spread the bottom of a large saucepan with butter, add 2 ounces fine-cut ham; on to this put 2 pounds of shank of beef chopped into pieces, and a small shank of veal chopped the same way; add 1 pint of water and boil till all the water has boiled away and a little brown gravy remains on the bottom of saucepan, then add sufficient cold water to cover all; put to it the chopped carcass of the pheasant, also, if handy, some poultry trimmings, and boil again; as soon as boiling add a bouquet, 1 carrot, 1 onion, 1 leek, 1 white turnip, and ½ tablespoonful salt; cover and cook slowly till the meat separates from the bones; then strain the soup through a napkin; return in saucepan to the fire. Melt ½ tablespoonful butter, add ½ tablespoonful flour, stir for few minutes; add it to the soup and boil 10 minutes; put in the pheasant purée a little nutmeg, and if neces-

sary more salt; serve with croûtons. This soup may be also prepared of prairie hens, or partridges and rabbits.

Potage à la Purée de Perdreaux à la Dauphine.—Melt 1 ounce butter in a large saucepan; add 2 tablespoonfuls fine-cut onion, the same of raw smoked ham, carrot, leek, and celery; stir this over the fire till brown, but do not let it burn; then add 1 pound shank of beef, the same of veal, both chopped into small pieces; cover with cold water and boil 2 hours. Remove the breast from a roasted prairie hen, chop and pound it fine; add some of the bouillon from saucepan; press it through a sieve; cut the remaining hen into pieces, add it with the gravy (if there is any) to the saucepan, and boil 1 hour. In the meantime boil ½ pound large chestnuts in water 15 minutes; take them out, remove the shell; return the chestnuts to saucepan, cover with bouillon and cook till tender; then press them through a sieve; 20 minutes before serving strain the soup, remove the fat, return it in saucepan to the fire; melt ½ tablespoonful butter, add ½ tablespoonful floor, cook and stir 2 minutes; add it to the soup and boil 10 minutes; then add ½ teaspoonful grated nutmeg, and if necessary little salt; mix the prairie-hen purée and the chestnut purée together, add them to the soup, boil a few minutes; then strain through a sieve, and serve with small squares of bread fried in butter. In place of prairie hens 3 pigeons or 6 birds may be taken.

Potage à la Purée de Pois Verts.—Boil 1 quart shelled green peas in salted water; drain and press them through a sieve; mix the pea purée with 3 pints white bouillon, and strain through a sieve; return the soup in saucepan to the fire; mix ½ tablespoonful flour and ½ tablespoonful butter, stir for a few minutes over the fire; add it to the soup, also ½ teaspoonful sugar, and if necessary a little salt; cook 5 minutes; add ½ cupful boiled rice, and serve.

Potage à la Purée de Volaille à la Comtesse.—A fine young capon, rolled in buttered paper and roasted till done, is freed from skin and bones; the meat chopped and pounded fine, with 1

ounce butter and the yolks of 4 hard-boiled eggs; 2 slices of Vienna bread are freed from crust and dried in the oven, boiled to a purée in white bouillon; then mixed with the capon purée and pressed through a sieve; add 2 quarts white bouillon, seasoned to taste with salt; then add ½ tablespoonful butter, a little nutmeg, and ½ cup of cream; let the soup get very hot. One cup of cooked green peas and the same of asparagus tops are put in the tureen, and the soup poured over, then serve. In place of capon a chicken may be used.

Potage à la Purée d'Asperges.—Peel 1 bunch of asparagus; cut the tender parts into small pieces; place them in a saucepan, and cover with boiling water; add 1 teaspoonful salt, cook 15 minutes; then drain on a sieve. Melt 1 tablespoonful butter in a saucepan, add the asparagus, ½ teaspoonful sugar, and ½ teaspoonful salt; cook and stir 6 minutes. In the meantime melt 1 ounce butter in a saucepan, add 1½ tablespoonful flour, stir for few minutes; add 1 cupful chicken broth, 1 cupful cream or milk, a small bouquet, and, if on hand, ½ cupful mushroom liquor, cook 10 minutes; remove the bouquet, add the asparagus, cook until tender, stirring frequently; press through a sieve; add 3 pints of chicken broth, and cook few minutes; then add the yolks of 2 eggs mixed with ½ cup of cream (do not let the soup boil again); put 12 small cooked chicken forcemeat balls in the tureen, pour the soup over, and serve.

Potage à la Purée de Choux-fleurs.—Cut the roses from a large head of cauliflower; wash and put them in a saucepan; cover with boiling water; add 1 teaspoonful salt, and cook 10 minutes; then drain in a sieve. In the meantime melt 1 ounce butter, add 1 tablespoonful flour, stir and cook for few minutes; then add 1 cup of chicken broth, 1 cupful cream, a small bouquet, and, if handy, a little mushroom liquor; season with ½ teaspoonful salt, and boil 10 minutes; remove the bouquet, add the cauliflower roses, and boil till soft, stirring frequently; press through a sieve into a clean sauce-

pan; add 3 pints of chicken broth, and boil few minutes; then add the yolk of 2 eggs, mixed with ½ cup cream; if necessary add more salt. Serve with toasted bread cut into strips.

Potage d'Abatis de Dinde à la Russe.—Put the giblets, neck, and well-cleaned feet of 2 ducks or a turkey into boiling water, cook 3 minutes; remove; rinse off with cold water; melt 1 tablespoonful butter, add 1 fine-chopped onion, cook 5 minutes without browning; add ½ tablespoonful flour, stir for few minutes, then add 6 pints of soup stock; as soon as it boils add the giblets, neck, and feet, and a half cup of salt brine from pickled cucumbers; cook slowly; after 10 minutes boiling remove the livers; cut 1 carrot and 1 white turnip into julienne, the same of 1 leek, 2 parsley roots, a little celery, and 1 cucumber; scald the vegetables for a few minutes in boiling water; drain in a sieve; return them in a saucepan to the fire, add ½ tablespoonful butter, cook a few minutes; then cover with stock and cook till tender; boil 12 ravioles, made of nudle dough and forcemeat, as directed, in salted water; place them with the vegetables and the fine-cut giblets in the tureen; add ½ cup sour cream to the soup, strain it through a sieve, pour it into the tureen, and serve.

Potage à la Dauphine.—Mix the yolks of 4 eggs with ½ cupful chicken broth; season with a little salt, white pepper, and nutmeg; butter a small bowl, pour in the mixture, and set the bowl in a pan; pour in some boiling water to the depth of 1 inch; cover the pan and let it boil slowly until the custard is firm to the touch; remove the bowl, let it cool 10 minutes; then cut the custard into small slices, lay them in the tureen, and pour 1 quart of clear consommé over it; add 1 cupful boiled asparagus tops, and serve.

Potage à la Régence.—Place a soup kettle with 1 pound shank of beef and a small veal knuckle over the fire; cover with cold water; add 1 even tablespoonful salt, and as soon as it boils add a bouquet, 1 onion, 1 leek, 1 small carrot, and a well-cleaned chicken; cover and boil slowly till the chicken is tender; then re-

move it from the soup, cut ½ the meat from the breast into small pieces, and place it with a little broth in a warm place. (The remaining chicken may be used for other purposes.) Strain the soup, and remove the fat; beat the whites of 2 eggs to a froth, add a little cold water, stir them into the soup, boil 5 minutes; draw the kettle to side of stove, and after 10 minutes strain it through a napkin; if necessary add more salt. In the meantime clean and cut into slices 1 medium-sized carrot, lay 4 slices over one another, cut them into small strips like straws; cut 1 white onion, 1 leek, 2 white stalks of celery the same way; place the vegetables in a saucepan; cover with boiling water; cook 2 minutes; drain on a sieve and return the vegetables to saucepan again; add 1 teaspoonful butter, cover with consommé, and cook till tender. Drop 1 tablespoonful Italian paste into boiling water, cook 10 minutes; drain on a sieve; place them with the vegetables and the fine-cut chicken meat in the tureen; pour over 3 pints of the consommé described above, and serve.

Potage à la Clermont.—Soak 1½ tablespoonful tapioca in cold water for 1 hour; cut 1 medium-sized carrot into small dice-like pieces, also white turnip and celery, ½ pintful in all; place this in a saucepan; cover with boiling water and cook 2 minutes; drain in a sieve; add them with the soaked tapioca to 3 pints of consommé, boil 30 minutes. Prepare 12 small chicken-forcemeat balls; boil them in salted water; lay them with ½ pint of boiled asparagus tops in the tureen; pour the boiling consommé over, and serve.

Russian Soup.—Place a soup kettle with 2 pounds of beef over the fire; add a small shank of veal; ¼ of a chicken, or the giblets, neck, and well-cleaned feet of a chicken; ¼ pound parboiled lean salt pork and cover with cold water; as soon as it boils, add 2 onions, 1 carrot, ½ cup fine-cut celery, 3 sprigs of parsley; cover and boil slowly till done. At the same time, wash 1 cupful sauerkraut in water, melt one ounce butter in a saucepan, add 1 fine-

chopped onion; press out the kraut, chop it fine, put it in the saucepan, stir 5 minutes over the fire; then add 1 tablespoonful flour, stir for few minutes; strain the soup, add 2½ quarts of the broth to the kraut and cook slowly 1½ hour, removing all the scum that rises; shortly before serving add 3 Frankfurter sausages to the soup, cook 3 minutes, then remove; cut the Frankfurter into slices, also a little of the meat and pork into small pieces; add them with 1 tablespoonful fine-chopped parsley to the soup; season to taste with salt and pepper, and serve.

Russian Vegetable Soup.—Place 1 pound of lean beef, and ½ pound of lean ham, with 2 quarts cold water, over the fire; add a little salt, and let it boil until the meat is done; cut 1 onion, 1 carrot, some celery, and 1 leek into small pieces; place in a small saucepan ½ cupful of dried peas, covered with cold water, over the fire; as soon as this boils, add the fine-cut vegetables and a little salt, and boil till done. Shortly before serving take out the meat, cut it into small pieces and put it with the vegetables in the tureen, add some boiled rice, strain the soup and pour it over. If the meat is to be used for other purposes, sausages may be fried, cut into slices, and added to the soup instead of meat.

Stchy aux Choux Nouveaux.—Place a soup kettle with ¼ chicken, the giblets, 1 pound shank of beef, and a small shank of veal, over the fire; add 2 ounces lean salt pork, cover with cold water, and boil till the meat is done; chop fine 2 white onions, place them in a saucepan with 1 ounce butter, cook until light brown, then add ½ tablespoonful flour, stir for few minutes; add 2 quarts of the above broth, and boil slowly 15 minutes; draw it to side of stove to simmer slowly. Cut a small head of cabbage into quarters, place it in saucepan with boiling water, and 1 tablespoonful sugar over the fire, boil 5 minutes; then drain off the water; add 1 quart of the soup, 1 fine-cut leek, 1 carrot, and a little white celery; season with 1 teaspoonful salt, cover and boil till tender. Twenty minutes before serving lay 3 fresh sausages on top of the

cabbage, and cook till done; then remove them, cut the sausages into slices, also the chicken meat and pork; place this with the cabbage in the tureen, and pour the remaining quart of broth over it; add 1 tablespoonful fine-chopped green fennel or parsley, and serve. Season to taste with salt.

Bread Croûtons for Soup.—Cut or grate the rind off a stale loaf of bread; cut the loaf into slices, and then either into little square pieces, or into small long pieces, or cut them with a tin cutter into round pieces. Shortly before serving, fry in butter to a delicate brown; throw them in a colander, then lay on blotting paper, to absorb all the grease. Set in a warm place till wanted.

Cheese Croûtons for Soup.—Cut or grate the rind off a small loaf of bread, cut the loaf into slices, and toast them; then butter a deep dish, lay the toasted bread into this, pour a few spoonfuls of bouillon over the toast, add a little bouillon fat, put a layer of grated cheese on top of this, and bake 10 minutes in the oven. Serve with clear bouillon and forcemeat balls.

Sago for Soup.—Place the sago into hot water for a few minutes; then throw it into a sieve, rinse it off with cold water, and boil in the soup until done.

Tapioca for Soup.—Wash the tapioca, let it lay 1 hour in cold water, and boil it in the soup till done.

Farina for Soup.—Put the farina dry in the boiling soup and boil for 5 minutes.

Barley prepared for Fine Soups.—Soak fine barley for ½ hour in cold water; then place it with cold water over the fire, boil 15 minutes; throw it into a sieve, and pour cold water over it; boil in bouillon until done.

Rice for Soup.—Wash the rice; place it in a saucepan, covered with cold water, over the fire, and boil 5 minutes; then drain in a sieve; rinse off with cold water; add it to the soup, and boil till tender; or cook in a separate saucepan with some of the soup stock; add it to the soup when ready to serve.

Macaroni for Soup.—Break the macaroni into pieces, drop it into a saucepan of boiling water, add a little salt, and boil 15 minutes; then drain it on a sieve, rinse off with cold water, lay the macaroni on a napkin and cut it into small lengths 1 inch long, and boil it in the soup till done. Spaghetti is prepared in the same way.

Vermicelli for Soup.—Put the vermicelli in a saucepan, cover with boiling water, and cook 5 minutes; drain in a sieve; rinse off with cold water; then boil the vermicelli in the soup until done.

Italian Paste for Soup.—Place the paste in a bowl, cover with boiling water, let it remain 2 minutes; then drain in a sieve, pour over some cold water, add it to the soup, and boil till done.

Fish Chowder.—Take either a small live codfish or haddock; remove the bones, head, and skin; cut the meat into inch-sized pieces; put them into a bowl with one tablespoonful salt and 1 quart water; place a soup kettle with a small shank of veal over the fire; cover with cold water; as soon as it boils add 2 fine-cut onions, 1 carrot, a little celery, the fish bones, the head, ½ tablespoonful salt, and boil 2 hours; then strain. Fry in a saucepan 2 ounces fine-cut larding pork with 2 fine-chopped onions 5 minutes without browning; add ½ tablespoonful butter, 2 tablespoonfuls flour, and cook 2 minutes; add the strained broth, and boil 5 minutes; add 1 pint fine-cut peeled potatoes, and boil 10 minutes; remove the fish pieces from the salt water, wash well in cold water, wipe dry, and add them to the chowder; season with 1 even teaspoonful white pepper, and cook 10 minutes; add two tablespoonfuls unsweetened condensed milk, 1 tablespoonful fine-chopped parsley, and if necessary add more salt.

Fish Soup.—Select a good-sized weakfish; remove the skin and bones, season the meat with salt and the juice of ½ lemon; melt 1 tablespoonful butter in a frying pan, put in the fish, and fry on both sides till done; let the fish get cold, then cut it into small

pieces. Place the fish head and bones in a saucepan, cover with 1 pint bouillon, and set it over the fire; as soon as it boils add 1 onion, ½ carrot, a good-sized bouquet, and boil 20 minutes; then add ½ bottle of white wine, and cook slowly 20 minutes; strain the essence through a napkin into a clean saucepan, add 3 pints consommé, season with a little Cayenne pepper and, if necessary, some salt; return the soup to the fire, add ½ cupful fine-cut mushrooms, and cook 10 minutes; next scald 12 oysters in their own liquor, and boil 12 fish forcemeat balls in salted water; lay them with the fish meat in the tureen, and pour the soup over all. In place of weakfish, pickerel or flounders may be taken.

Carp Soup.—Select a good-sized carp, clean and wash it, put it in a kettle, add ½ bottle Rhine wine and sufficient white broth to cover, 1 onion, ½ carrot, and a bouquet; place the kettle over the fire, and cook till tender; remove from the fire, and let the fish remain in the broth till cold; then take it out, remove all the meat from the bones, and pound it fine; strain the broth, cut a roll into slices, add it to the broth, and boil 15 minutes; then add it to the fish, with the yolk of 3 hard-boiled eggs, and mix all well together; put the mixture in a saucepan, add sufficient white bouillon to make a creamy soup; let it boil a few minutes; press it through a sieve; let it get hot, add ½ ounce butter and 2 fillets of anchovies mashed fine; then serve.

Bisque of Clams.—Twenty hard-shell clams and their liquor, 2 quarts white broth, ¾ cup rice, ½ teaspoonful white pepper, ½ pint cream, and 1 bouquet. Take the clams out of their liquor with a fork; strain the liquor into a saucepan, add the clams, and let it come to a boil. Transfer the clams to a chopping bowl, and mince them very fine; return them to the liquor in saucepan, add 2 quarts white broth, the rice, and a bouquet made of 2 sprigs of parsley, 1 sprig of thyme, 2 blades of mace, 1 bay leaf, 2 cloves, and 6 whole peppers tied together in a bunch; add the pepper, and boil slowly 1 hour; then strain, add ½ pint rich sweet cream, let it get boiling

hot, but do not allow it to boil. Serve with small dice of fried bread.

Bisque of Clam Bouillon.—Place a saucepan with 1 tablespoonful butter over the fire; add 2 tablespoonfuls fine-cut onion, 1 tablespoonful grated carrot; cover, and cook until the onions and carrots are done, stirring it occasionally; then add 1 tablespoonful flour, stir a few minutes, add 1 pint of boiling water, 1 pint of clam bouillon, and cook 5 minutes; strain, and return the bisque to saucepan; mix the yolk of 2 eggs with a half cup cream; add slowly to the bisque, and serve with small oyster crackers.

Clam Cream Stew.—Chop fine 1 quart of clams, and strain the liquor; place a saucepan with 2 fine-chopped white onions, 2 tablespoonfuls fine-cut white celery, and 1 tablespoonful butter over the fire, cover, and cook 5 minutes without browning; add 1 tablespoonful flour, cook and stir a few minutes; then add 1 pint of boiling water and the clam liquor; also 1 pint fine-cut potatoes, 1 even teaspoonful white pepper, and boil until potatoes are done; add the chopped clams, and cook 6 minutes. When ready to serve, add 1 cupful rich sweet cream or ½ cup of unsweetened condensed milk.

Clam Chowder.—One quart hard-shell clams, 1 cup fine-cut carrots, ½ cup fine-cut celery, 1 pint fine-cut onions, 1 quart fine-cut potatoes, ½ can tomatoes, 2 quarts boiling water, 4 ounces larding pork, 1 teaspoonful salt, 1 even teaspoonful white pepper, 1 teaspoonful pulverized thyme, and 1 teaspoonful beef extract; place the pork in a saucepan over the fire, and fry light brown; add the boiling water, the carrots, onions, and celery, cook until the carrots are done; then add the potatoes, salt, and pepper, and cook 10 minutes; add the tomatoes, and cook 20 minutes longer; then add the fine-chopped clams and their liquor, the thyme, beef extract, and a little Cayenne pepper. Melt ½ tablespoonful butter in a small saucepan, add ½ tablespoonful flour, stir for a few minutes over the fire; add it to the chowder, boil 10 minutes, and serve.

Clam Soup.—Chop fine 25 clams, strain the liquor; melt 1

tablespoonful butter in a saucepan, add 2 tablespoonfuls fine-chopped white onions, and cook 5 minutes without browning; then add 2 fine-rolled soda crackers, and stir a few minutes; add 1 pint of boiling water, 1 pint of fine-cut potatoes, 1 even teaspoonful pepper, and cook 15 minutes; add to it 1 cup canned tomatoes, and cook 10 minutes longer; next add the clams and liquor, cook again 10 minutes; put 1 pint of boiling milk in the tureen, pour in the soup, and serve with crackers.

Oyster Cream Soup.—Place a saucepan with ½ ounce butter and 1 fine-chopped white onion over the fire; cook 5 minutes without browning; add 1 tablespoonful flour and cook a few minutes; then add 3 cupfuls chicken or veal broth, and the strained liquor of 1 quart of oysters; season with ½ teaspoonful salt, ½ teaspoonful white pepper; cook 10 minutes; strain into a clean saucepan; return it to the fire, add the oysters, boil 2 minutes; remove the saucepan to side of stove; mix the yolks of 2 eggs with 1 cup of cream, add it slowly to the soup, do not let boil again; serve with small oyster crackers.

Oyster Soup with Milk.—Strain the liquor from a quart of oysters into a saucepan; add the oysters, ½ tablespoonful butter, 2 tablespoonfuls rolled cracker, a little salt, some white pepper, and boil until the oysters ruffle, which takes about 3 minutes; add 1 pint of boiling milk and serve.

Crab Bisque à l'Allemande.—Drop 6 live crabs into boiling water, add 1 tablespoonful salt and boil 12 minutes; then remove and when cold split them with a knife; extract all the meat; wash the shells and dry them in the oven; then place them in a chopping bowl, add 2 ounces butter, and pound them fine; place the shells and butter in a saucepan, and stir 10 minutes over the fire; add 2 quarts chicken stock mentioned below, and cook slowly 10 minutes longer; strain the soup into another saucepan, add ½ cupful cream and 3 well-beaten eggs, place the soup over the fire, beat constantly with an egg beater till just before the boiling point, then

add the crab meat, and 12 chicken-forcemeat balls previously boiled in salted water.

Chicken Stock.—Clean and wash a chicken, remove the breast (to be used for the forcemeat balls); place the chicken in a saucepan over the fire, and cover with water; as soon as it boils, add 2 onions, 1 leek, a bouquet, and ½ tablespoonful salt; cover, and boil slowly. When the chicken is done remove it. Melt 1 tablespoonful butter in a frying pan, add 1 tablespoonful flour; stir a few minutes over the fire without browning; add it to the soup and boil five minutes; then strain and use as directed above.

Bisque of Crab.—Drop 6 hard-shell crabs into boiling water, add 1 tablespoonful salt, and cook 12 minutes; remove them with a skimmer; when cold open the crabs with a knife and extract all the meat; put the meat from the claws aside; chop the remaining meat fine, place it in a saucepan with 1 cupful rice and 3 quarts white broth, add a bouquet, a little salt and pepper, cover, and boil 1 hour; then strain through a sieve, return the liquid to saucepan; add ½ pint of cream and the crab meat from the claws; let it get boiling hot; if necessary, add more salt and pepper. Serve with croûtons.

Bisque of Lobster.—Extract the meat from a fresh-boiled lobster; cut the meat from the claws into small squares, and put them in a tureen (if the lobster has any coral rub it very fine); mix with ½ ounce butter, and press it through a sieve; then chop the remaining lobster meat fine. Melt 1½ ounce butter in a saucepan, add 2 tablespoonfuls flour, stir and cook 2 minutes without browning; add 2 quarts chicken or veal broth and the chopped lobster meat, boil 1 hour; then strain into a clean saucepan and return it to the fire; add the coral butter, boil 5 minutes; draw the saucepan to side of stove; mix ½ cup sweet cream with the yolk of 2 eggs, add them slowly to the bisque, also ½ cupful boiled rice; season with salt to taste, then pour it in the tureen over the lobster meat. In place of rice, small chicken forcemeat balls, previously boiled in salted water, or egg balls, may be added.

Green Turtle, how to preserve.—The American green turtles are considered the best. They weigh from 100 to 600 pounds, obtain a length of 5 to 6 feet, and are abundant in the tropical waters of America, whence great numbers are carried alive to the Northern States and to Europe. The West Indies are their headquarters, whence they wander to the Gulf of Mexico and the coast of Guiana and Brazil; they are rarely found above lat. 34° N. on the Atlantic coast, and never on the shores of Europe.

Select a turtle weighing from 100 to 120 pounds; hang it up by the hind legs with a strong cord; tie a string around the neck; pull out the head, cut it off with a sharp knife, and let it hang 12 hours to bleed. Then take the turtle down and lay it on its back; stick a sharp-pointed knife into the margin, and cut the shell loose all around; then remove the upper shell from the lower. Throw the entrails away, taking particular care to remove and preserve every particle of the green fat; cut the feet loose from the under shell; cut them into pieces, and put these with the head and the remaining meat into cold water for several hours; next cut and scrape off the scales and horny part from the feet; plunge the turtle into boiling water, letting it remain 3 minutes; remove and instantly plunge it into cold water; change the water several times. When cold, place the turtle into a large kettle; cover with white stock; place the kettle over the fire; as soon as it boils, add 2 bottles of Madeira wine, some salt, a large bouquet made of a handful of parsley, 4 bay leaves, 12 cloves, 4 sprigs of thyme, 4 blades of mace, the same of marjoram and basil, and boil from 2 to 3 hours, or till the meat is done; then remove the kettle from the fire; let the meat cool in the broth. Now remove all the large pieces of meat which resemble calf's head (the lean meat can not be used); remove all the fat from the broth, strain the latter into a clean kettle; place it over the fire, and reduce it to one half by boiling. Put the meat into tin cans, cover them with the broth, have the cans soldered; boil them 2 hours in water; keep the cans 3 inches under water while boiling. Turtle prepared in this way will keep for years.

Turtle Soup of Snapping Turtle.—Select a turtle weighing about 10 pounds. In order to kill it put a red-hot iron to its back, and as soon as it shows its head chop it off with some sharp instrument. Hang the turtle up by its hind legs to bleed several hours; then lay it on its back, stick a sharp-pointed knife into the margin, and cut the shell loose all around; separate the upper from the lower shell, and remove the meat; then wash the meat and let it lay in cold water for several hours. After that scald it in boiling water; cool it in cold water, remove the brown skin from the feet, and cut off the nails; then place the meat over the fire, with sufficient stock to cover it; add some soup vegetables, a bouquet of parsley, thyme, a few cloves, bay leaves, some whole peppers, and salt; let it boil slowly till done. Prepare some small balls to represent the turtle eggs, as follows: Rub the yolks of 4 hard-boiled eggs fine, add the yolk of 1 raw egg, ½ teaspoonful butter, a little salt, and some flour; form this into small balls, and boil them in salted water 5 minutes. When the meat is done take it out and cut it into small pieces; place it in a saucepan and cover with a little broth to keep it warm; then strain the remaining broth into a clean saucepan, return it to the fire, melt 1½ ounce of butter, add 1½ tablespoonful flour, stir for a few minutes; add it to the soup; season to taste with salt, and, if handy, add ½ cup sherry wine; boil ten minutes. Put the egg balls and meat in the tureen, pour the soup over all, and serve.

Green-Turtle Soup.—Open a can of preserved turtle and set it in hot water until the stock melts; then take out the meat, cut it into pieces and set it with some of the liquor in a warm place; put the remaining liquor with 2½ quarts of consommé over the fire; add, if handy, a few fine-cut mushrooms, cover and boil ¼ hour. At the same time simmer in a small saucepan 2 fine-cut onions, 1 bay leaf, a little thyme, marjoram, sweet basil, 3 cloves, 12 whole peppers, with ½ pint Madeira wine, 20 minutes. Shortly before serving strain this wine essence through a fine piece of muslin,

press it out, and add it with a little Cayenne pepper to the soup. Put the turtle meat in the tureen; have some mock eggs prepared as follows: Rub fine the yolks of 3 hard-boiled eggs, add a little butter, 1 raw yolk, a sprinkle of salt, and sufficient flour to form into small balls like marbles; then boil in salted water for 5 minutes. Lay them in the tureen with the turtle meat and pour the soup over all. This soup must be clear and have a strong flavor of spice. Preserved turtle can be bought in cans from any first-class grocer.

Potage d'Anguille à la Hambourgeoise (*Hamburger Aal-Suppe*).—Cut 2 pounds of well-cleaned eels into 2-inch-sized pieces; put them in a saucepan; cover with boiling water; add 1 tablespoonful salt, $^1/_2$ cupful vinegar, 2 onions, a bouquet, and 1 carrot; let it simmer 15 minutes. Place a saucepan with 1 cupful fine-cut young carrots over the fire; cover with boiling water; add 1 teaspoonful sugar and a little butter, boil 20 minutes; then add 1 cupful young green peas, cook until tender; now add 2 quarts white stock, 1 teaspoonful fine-chopped chervil, the same of thyme, marjoram, tarragon, sweet basil, and a little fine-chopped mint; add $^1/_2$ of the eel broth, $^1/_4$ cup white vinegar, 2 tablespoonfuls sugar, $^1/_2$ teaspoonful pepper, cook 10 minutes, adding, if necessary, a little salt. In the meantime peel, cut in $^1/_2$, and stew $^1/_2$ dozen pears in water and sugar till done. Place a saucepan with $^1/_2$ cup milk over the fire; as soon as it boils add $^1/_2$ tablespoonful butter and $^1/_2$ cup flour, stir until it forms into a paste; then remove from fire, and when nearly cold add the yolks of 2 eggs, 1 whole egg, a little salt, and nutmeg; stir until smooth; then drop with a teaspoon small portions of it into the boiling soup, cook 5 minutes; add 1 tablespoonful fine-chopped parsley; put the eels into the tureen, pour the soup over it; serve the pears separate or put 3 eel pieces and 2 pear halves in each soup plate.

Potage d'Anguille à la Marinière.—Cut 2 good-sized well-cleaned eels into pieces 2 inches in length; place them with $^1/_2$

bottle Bordeaux wine in a saucepan over the fire; add 1 pint bouillon, 2 onions, 1 carrot, a bouquet, 1 teaspoonful salt, and cook till done; then take out the eels, remove the meat from the bones, cut it fine and place it in a small saucepan with a little of the broth; set it in a warm place. Reduce the eel broth by boiling to one half; then strain it; return the broth to a clean saucepan; add 3 pints white broth; as soon as it boils melt 1 tablespoonful butter, add 1 tablespoonful flour, stir for a few minutes; add it to the soup. Put to it 12 button mushrooms; boil 20 minutes; remove all the fat; put 12 small white onions, boiled in a little bouillon and ½ teaspoonful sugar, in the tureen, also 12 small fish balls, previously boiled in salted water; add the meat from the eels, pour the soup over, and serve.

Potage à la Crême de Riz à l'Essence d'Écrevisses.—Place a saucepan with 2 quarts of white stock over the fire; as soon as it boils add 4 ounces of rice flour mixed with 1 cup cold bouillon, stir for a few minutes, let it cook 30 minutes. In the meantime extract the meat from 8 boiled crabs; set 1 cup of the crab meat aside; add the remaining to the soup, boil 10 minutes; then strain through a sieve into a clean saucepan, add 1 ounce of crab or crawfish butter, the crab meat, and ½ cup of cream; season to taste with salt, and serve.

Matelote Soup.—Put ½ pint of Bordeaux wine in a saucepan; add 2 quarts consommé and a large bouquet; boil 30 minutes; remove the scum; then add 4 tablespoonfuls Madeira, ½ ounce of crawfish or lobster butter, and ½ ounce anchovy butter; cook a few minutes, and strain through a fine sieve. Have ready 12 small fish-forcemeat balls, 1 cupful fine-cut cooked crab or lobster meat, 12 oysters previously scalded and freed from their beards, and 12 small boiled white onions; add all the ingredients to the soup, and serve.

SOUPS WITHOUT MEAT.

Mushroom Soup.—Chop fine 1 white onion, place it in a saucepan over the fire with 1 ounce butter, cook 5 minutes; add 1 tablespoonful flour; stir for a few minutes; add 3 pints boiling water, 1 teaspoonful salt, and a bouquet; cover and boil 20 minutes; then strain, add 1 teaspoonful beef extract, ½ can button mushrooms; cook 15 minutes; mix the yolks of 2 eggs with ½ cup cream, add it slowly to the soup; if necessary add more salt, and serve. In place of canned mushrooms, 4 ounces of fresh mushrooms may be cleaned and used as directed. (See Mushrooms.)

Bread Soup.—Melt 1 tablespoonful butter in a saucepan; add 2 fine-chopped onions, 1 tablespoonful fine-chopped celery, 1 fine-cut carrot, 1 leek cut into pieces; cook 10 minutes, stirring constantly; then add 2 quarts boiling water and 1 cup bread crumbs; season with ½ tablespoonful salt, and boil 40 minutes; then strain; add 1 teaspoonful beef extract, little nutmeg, 1 tablespoonful fine-chopped parsley, few spoonfuls of cream, or a little unsweetened condensed milk. In place of beef extract, mix the yolks of 3 eggs with ¾ cupful cream or milk, and add it to the soup; let it get hot, but not boil; then serve.

Pea Soup of Split Peas.—Wash 1 pint split peas; put them with 2 quarts cold water in saucepan over the fire; add ½ tablespoonful salt; as soon as it boils, add ½ cupful fine-cut celery and 1 large peeled potato, cut into pieces. Fry in 1 tablespoonful butter or drippings 2 fine-chopped onions 5 minutes; add them to the soup with 1 fine-cut carrot, cover the saucepan, and boil the soup till done; season to taste with salt and a little white pepper; serve with small squares of toasted bread. If this soup is to be extra nice, add a little beef extract and ½ cup of cream; also 1 tablespoonful unsweetened condensed milk is an improvement; a small piece of bone from a boiled ham may be boiled with the peas.

Green-Pea Soup.—Shell 2 quarts of fresh green peas, place the shells in a saucepan, cover with boiling water, and cook 1 hour;

then drain off the water into a clean saucepan, return to the fire, and as soon as boiling add 1 cupful young carrots, cut in julienne; cook 15 minutes; then add the peas, season with ½ tablespoonful of salt, and cook 30 minutes; melt 1 tablespoonful butter, add 1 tablespoonful flour, stir a few minutes over the fire; add it to the soup, cook a few minutes longer; remove from fire, add 1 tablespoonful fine-chopped parsley, and serve. If handy, add a few tablespoonfuls of cream. Small sponge dumpling may be boiled in the soup.

Bean Soup.—Soak 1 pint white beans for several hours in cold water; then drain and put them with 2 quarts cold water over the fire; wash and scald in boiling water ½ pound of lean salt pork; add the pork to the beans; as soon as it boils, add ½ cupful fine-cut soup celery, 1 carrot, and 2 onions; cover and cook till the beans are tender; then strain the soup, season to taste with salt, and serve with small pieces of toasted bread. This soup may be served without being strained, as some prefer to have the beans whole in the soup. A little beef extract and ½ cup cream is always an improvement to this kind of soup, but it is very nice without them.

Tomato Soup.—Melt ½ tablespoonful butter in a saucepan; add 2 tablespoonfuls fine-chopped onions, the same of carrots and celery, cook 6 minutes without browning; add 1 tablespoonful flour, stir for a few minutes; then add 1½ pint boiling water and 1 can of tomatoes; season with 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoonful sugar, a bouquet, and 1½ teaspoonful beef extract; boil 30 minutes; then strain and serve.

Onion Soup.—Parboil for 5 minutes 4 large white onions; then remove and chop them fine, add 1 tablespoonful grated carrot; place them in a saucepan with 1 tablespoonful drippings, or if any fat from beefsteak is at hand, cut it into small pieces, and fry it with the onions and carrot; cook 6 minutes, stirring constantly; add 1 heaping tablespoonful flour, stir for a few minutes; then add 2 quarts boiling water, 1 teaspoonful salt, ½ teaspoonful pepper, and 1 table-

spoonful liquid beef extract; cover and cook 30 minutes; then strain; if necessary add more salt and beef extract; add last 1 tablespoonful unsweetened condensed milk, or ½ cupful cream, and serve.

FRUIT AND WINE SOUPS.

Apple Soup, No. 1.—Pare and stew 8 fine juicy apples; squeeze them through a sieve, sweeten with sugar, add 1 quart of water, a little lemon peel, a stick of cinnamon, and 1 tablespoonful cornstarch; place this over the fire again and boil 10 minutes; take cinnamon and lemon peel out and set it aside to cool. In the meantime pare and core 4 large apples, cut each one into 8 parts, drop them into sugar sirup, and boil till tender, but do not let the pieces break. Take them out, lay in the tureen; strain the sirup, pour it with the soup and ½ pint white wine into the tureen over the apples, and serve with zwieback.

Apple Soup, No. 2.—Prepare an apple sauce of 8 or 10 apples; add 6 cups boiling water; strain it through a sieve, sweeten with sugar, and place this in a saucepan over the fire; as soon as it boils, add 2 tablespoonfuls sago, a few slices of lemon from which the seeds have been removed, and boil 10 minutes. Serve with zwieback, or boil small flour or sponge dumplings in the soup.

Peach Soup.—Pare and quarter 5 large peaches, sprinkle over some sugar, and set them in a cool place. Pare 10 peaches more; remove the stones, crack them, extract the kernels and scald these with boiling water, remove the brown skin. Press the peaches through a coarse sieve; boil ¾ pound sugar with 1 cup of water for 10 minutes; then add the kernels, the pressed-peach purée, and 1 bottle of Rhine wine, and pour this soup over the peaches in the tureen. Serve, when cold, with zwieback.

Cherry Soup.—Stone ½ pound sour cherries, boil them 5 minutes with sugar and a cup of water; then pour them in a tureen and set in a cool place; pound 1½ pound cherries with the

stones fine, boil with 2 quarts water and 1½ cup of sugar 20 minutes; strain the soup through a fine sieve, and let it get cold; shortly before serving add some Rhine wine, and pour the soup over the cherries in the tureen. The soup may be thickened with cornstarch or zwieback, if liked.

Currant Soup.—Remove the stems from 2 pounds of large ripe red currants, take out the seeds from ¼ of them with a pointed toothpick; boil 5 minutes with ½ cup sugar and a little water; pour them in the tureen, and set in a cool place. The remaining currants place in a saucepan over the fire with 2 quarts water, 1 pound sugar, and boil 20 minutes. Strain the soup and pour it with ½ bottle Rhine wine or claret over the currants, and serve cold, with zwieback.

Grape Soup.—May be made in the same way as currant soup.

Raspberry Soup.—Take ½ pound from 2 pounds of raspberries, sprinkle sugar over, put them in a tureen, and place in a cool place. The remaining berries put in a porcelain dish, mash them with a silver spoon, and press through a sieve; dissolve ¾ pound sugar in 1 quart cold water, add it to the raspberry purée with some Rhine wine, and pour this over the raspberries in the tureen. Serve with lady fingers or macaroons.

Gooseberry Soup.—Wash and stew 2 pounds gooseberries with 2 quarts water and 1 pound sugar; then strain through a sieve, and put over the fire again; as soon as the soup boils, dissolve 2 tablespoonfuls of cornstarch with a little cold water, add it to the soup, and boil for 5 minutes; take it from the fire, add some Rhine wine, and serve with zwieback. Sponge dumplings may be boiled in the soup.

Strawberry Soup (Kalte Schale).—Take ½ pound from 2 pounds of strawberries, wash and place them in the tureen, sprinkle over some sugar, and set them in a cool place. (If the strawberries are clean, they need not be washed.) Put the remaining berries in a porcelain dish, and mash them with a silver spoon. Dissolve 1

pound sugar in 3 pints cold water, mix it with the mashed berries, add the juice of 1 lemon; strain through a fine sieve, add some Rhine wine or champagne, and pour the soup over the berries in the tureen. Serve ice-cold with zwieback.

Huckleberry Soup.—Wash and stew 1 quart of huckleberries with 1 quart water, 2 large zwiebacks, 4 tablespoonfuls sugar, a stick of cinnamon, and boil 20 minutes; strain through a sieve, add some Port wine or claret, to taste, and serve with zwieback; or boil sponge or farina dumplings in the soup.

Pineapple Soup.—Pare 1 large ripe pineapple, cut it from the top down into 6 pieces, remove the thick stem from the center; cut the 6 pieces into fine slices, lay them in the tureen, and sprinkle sugar over. Chop up the eyes and stems, boil them ½ hour, with 3 pints of water. Strain through a napkin, and put this liquor with 1 pound sugar over the fire; boil a few minutes, then add a few lemon slices, without the pits, ½ bottle Rhine wine, and pour the soup over the pineapple slices in the tureen. Serve ice-cold.

Lemon Soup.—Mix 3 tablespoonfuls arrowroot with ½ cup of cold water; pour this into 1 quart of boiling water; add the peel of 1 lemon, 5 tablespoonfuls sugar, and boil 5 minutes; add the juice of 1 lemon and 1 pint of white wine. Serve ice-cold with zwieback.

Prune Soup.—Wash and stew 1 pound dried prunes with lemon peel, a piece of cinnamon, and sugar until done; then take ½ of the prunes and put them in the tureen; press the other half through a sieve, and put them with the other prunes in the tureen. At the same time boil ½ pound large barley in water without salt till tender, which takes from 3 to 4 hours; when done pour it into a colander; drain all the liquor from the barley, pour some more water over until you have about 3 pints of barley water, add 1 cup of Sherry or Madeira wine; pour the soup over the boiled prunes in the tureen. If not sweet enough add more sugar. The wine may

be omitted and lemon juice used. This soup is excellent for invalids.

Wine Soup.—Wash ¼ pound sago, boil with 1½ quart of water and a few lemon slices without the pits; add a piece of cinnamon and sugar to taste. As soon as the sago is done take it from the fire, add 1 bottle of red or white wine, and serve. Instead of sago very fine barley may be taken.

Wine Zwieback Soup.—Roll 8 large zwiebacks fine; put them with 1 quart water over the fire, add some lemon peel and boil 10 minutes; pass this purée through a colander, thin it with white wine, and sweeten to taste with sugar. Serve cold with zwieback.

Wine Cream Soup.—Place 1 quart white wine, 1 quart water, 1 tablespoonful cornstarch, the yolks of 6 eggs, 4 tablespoonfuls sugar, juice of 1 lemon, also the rind, in a saucepan; beat this with an egg beater for 2 or 3 minutes, then put the saucepan over the fire; keep on beating until it comes to the boiling point, then remove quickly, as it must not boil; beat the whites to a froth; pour the soup in the tureen; form with a teaspoon small snowballs from the beaten whites, and put them in the soup; sprinkle some sugar over them and cover the tureen up. Set it in a cool place, and serve ice-cold.

BEER AND MILK SOUPS.

Soup à la Bière.—Put 2 pints of beer in a saucepan, add 1 pint water, sugar to taste, ½ tablespoonful cornstarch, and the yolks of 4 eggs; beat this for a few minutes, then place over the fire; beat it constantly until it comes to a boil; pour it in the tureen, add 1 pint of boiling milk; have the whites of the eggs beaten to a stiff froth; lay with a teaspoon little snowballs on top of the soup, sprinkle sugar over them; cover the tureen up, and serve either hot or cold.

Beer Soup à la Crême.—Put in a saucepan 1 quart beer, 1 quart water, 1 tablespoonful flour or cornstarch, sugar to taste, the

peel of 1 lemon, a piece of cinnamon, and 4 whole eggs; place the saucepan over the fire; beat constantly with an egg beater until it comes to a boil; then take it quickly from the fire, pour the soup in the tureen, and serve with little square pieces of toast.

Milk Soup with Snowballs.—Put 1 quart milk with the yolks of 4 eggs, sugar to taste, in a saucepan over the fire; beat with an egg beater until the milk comes to a boil; then remove quick from the fire, add 1 teaspoonful vanilla flavor and pour into the tureen; beat the whites to a stiff froth and lay with a teaspoon small snowballs from it on top of the soup; sprinkle a little sugar over them, and serve either warm or cold.

Milk Soup—Plain.—Let 2 quarts milk with a little salt, 1 teaspoonful sugar, come to a boil; mix 4 tablespoonfuls of flour with 1 cup of milk, pour it into the boiling milk; keep stirring constantly; boil 2 minutes, and serve. If too thick add a little more milk.

Milk Soup with Dumplings.—Place as much milk as is wanted for soup over the fire; add a little salt, a sprinkle of sugar, small piece of butter, and boil small bread or flour dumplings in it; and then serve, to be eaten hot.

Milk Soup with Oatmeal.—Place 1 cupful oatmeal with cold water and a little salt over the fire; boil slowly until done. Then press it through a colander and thin it with milk, let the soup boil up, and then serve.

Milk Soup with Sago.—Put 2 quarts with $\frac{1}{2}$ teaspoonful of salt and the same of sugar in a saucepan over the fire; as soon as the milk boils have $\frac{1}{4}$ pound sago washed, add it to the boiling milk, boil till done, and serve.

Milk Soup with Rice.—Put $\frac{1}{4}$ pound of rice with cold water over the fire; boil it a few minutes; strain in a sieve, rinse off with cold water; then place the rice in a saucepan with 2 quarts cold milk over the fire again; add $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful

butter, and ½ teaspoonful of sugar; boil slowly until the rice is done, but not broken, and serve.

Milk Soup with Farina.—Boil 2 quarts milk; add ½ teaspoonful salt, the same of sugar, and let 4 tablespoonfuls of farina run slowly into the boiling milk, and boil in a double boiler 20 minutes. Serve either hot or cold. In summer it may be placed on ice.

Milk Soup with Buckwheat Grits.—Let 2 quarts milk come to a boil, add ¼ pound buckwheat grits, a little salt, ½ teaspoonful sugar, and boil 15 minutes. Serve either hot or cold.

Milk Soup with Egg Crumbs.—Boil 2 quarts of milk with ½ tablespoonful butter, ½ teaspoonful salt, sprinkle in 1 cupful egg crumbs (which are made of nudle paste; see NUDLES) into the boiling milk; boil 3 minutes, and then serve.

Milk Soup with Nudles.—Boil 2 quarts of milk, add a little salt, sugar, and butter; put in ½ the nudles that are made of 1 egg, and boil from 10 to 15 minutes.

Buttermilk with Barley.—Place a saucepan with 2 quarts buttermilk and 1 cup of barley over the fire; boil slowly until done, which will take about 3 hours; frequent stirring is necessary, as it burns easily (the best way is to boil it in a double boiler); if it should be too thick add more buttermilk; serve either hot or cold with sweet milk. Some prefer to eat it with sirup. This is a national dish in the country in the northern part of Germany.

Buttermilk with Rice.—Place 2 quarts buttermilk with 1 cup well-washed rice in a saucepan; add ½ teaspoonful salt, and boil till the rice is done. Serve with sweet milk.

Buttermilk Soup.—Break some stale rye bread or pumpernickel into small pieces, 1 pint in all; place it with 2 quarts buttermilk in a saucepan over the fire, and boil 1 hour; add 1 teaspoonful aniseed, and sirup or sugar enough to sweeten it, serve hot or cold. Another way is to strain the soup, and shortly before

serving add the yolks of 3 eggs. The aniseed may be omitted if not liked. Instead of bread, a tablespoonful of flour may be taken to each quart of buttermilk; sweeten with sugar, and finish with the yolks of 2 eggs.

Buttermilk Soup with Dumplings.—Place a saucepan with 2 quarts buttermilk over the fire, add ¾ cup of sirup; mix the yolks of 2 eggs with ½ teaspoonful salt, add ½ cup milk, 1 heaping cup of sifted flour, ½ ounce butter; mix this into a thick, smooth batter; beat the whites to a stiff froth, stir them lightly through the batter; as soon as the buttermilk boils, drop small portions into it with a teaspoon and boil 8 minutes; then serve.

Chocolate Soup.—Grate ¼ pound of chocolate, place it in a saucepan, with 1 cup of water; boil 5 minutes, stirring constantly; then add 2 quarts cold milk, the yolks of 4 eggs, sugar to taste, and beat with an egg beater until the milk comes to a boil; then take it quickly from the fire and pour into the tureen. Have the whites beaten to a stiff froth, and place with a teaspoon small snowballs in the soup; sprinkle some sugar over them and cover the tureen for a few minutes; then serve. This soup may be served ice-cold.

Egg Custard for Soup.—Mix 4 eggs with 4 tablespoonfuls water and 4 of milk, little salt, and nutmeg; pour this into a buttered bowl, set the bowl in a saucepan of hot water, cover and boil until firm; then remove it from the fire, cut with a teaspoon small portions and drop them in the soup, and serve. Another way is to mix 4 eggs with a teaspoonful butter, a little fine-chopped parsley, nutmeg, and 1 cup of bouillon, and finish the same as above.

Soup Biscuit.—Mix 2 ounces of flour with 1 ounce butter smoothly together on a plate; put this into a saucepan with 1 cup of boiling milk, stir over the fire until formed into a smooth paste; then set off to cool. Stir 1 ounce of butter to a cream, add alternately the yolks of 3 eggs and the paste; season with salt; add the whites beaten to a stiff froth; mix well together. Butter and flour a long tin pan, pour the mixture into it, and bake 20 minutes.

When done, turn the biscuit out of pan, cut it into small fine slices, and lay them in the tureen with some boiling consommé.

Farina Biscuit.—Place 1 cup milk, with 1 tablespoonful butter, over the fire, add gradually ¼ pound farina, stir it constantly until the whole of the ingredients are thoroughly mixed, then remove. When cold, mix the boiled farina with the yolks of 4 eggs, 2 tablespoonfuls grated cheese, a little salt, and the whites beaten to a froth. Pour the mixture into a well-buttered and floured tin pan, and bake 20 minutes. Shortly before serving turn the biscuit on a long plate; cut it into fine slices, lay them in the tureen, pour over clear bouillon, and then serve.

Egg Crumbs.—Take 1 cup flour, 1 egg, 1 tablespoonful of water, and a little salt; work this into a stiff dough, lay it on the pastry board, and knead it well, adding as much flour as the dough possibly will take up. Grate the dough on the grater, spread the egg crumbs all over the board to dry for a half hour, then boil them from 3 to 5 minutes in 3 quarts of bouillon for soup, or 2 quarts milk for milk soup. If not all used at one time, the crumbs may be placed in a box; they will keep in a dry place for some time.

Kaiser Nockerls.—Beat up the yolks of 3 eggs, mix them with 1 tablespoonful flour, 1 cup milk, a little salt, and grated nutmeg; pour this mixture into a tin cup or kettle, place it in a saucepan with boiling water, and boil until it becomes firm. Shortly before serving, take with a teaspoon little pieces from it, and lay them into the prepared soup.

FORCEMEAT.

Forcemeat Border.—Prepare a forcemeat of chicken, game, fish, or veal, put it into a buttered border mold; 30 minutes before serving, place the mold in a pan, with sufficient water to reach half way up the form; cover with buttered paper, and bake in a medium hot oven from 20 to 25 minutes. When ready to serve, turn the border on to a hot dish, put a ragoût or salpicon in the center, and lay on top the border some fillets of game or chicken. If fish is to be served with a border, take fish forcemeat, oyster, lobster, or crab ragoût in center, and fillets of fish on top the border.

Liver Forcemeat, No. 1.—Procure a nice calf's liver, remove skin and veins, cut the liver into square pieces, place in a saucepan, cover with boiling water, boil 5 minutes; then drain in a sieve. Place a saucepan with $\frac{1}{2}$ pound fine-cut larding pork over the fire, fry few minutes; add 2 fine-chopped onions, cook 5 minutes; add the liver, a bouquet, $\frac{1}{2}$ tablespoonful salt, $\frac{1}{2}$ teaspoonful pepper, stir frequently, and cook 10 minutes; remove, and when cold, chop it fine or grind it in a meat grinder. Boil $\frac{3}{4}$ cup of water, add $\frac{1}{2}$ ounce butter, $\frac{1}{2}$ cupful flour, stir and cook till it forms into a smooth paste; then remove; put the fine-chopped livers in a wooden chopping bowl, and pound it with a potato masher; add the paste, 1 whole egg, and 3 yolks; pound all the ingredients well together, and use for forcemeats, balls, borders, and for stuffing poultry, shoulder or breast of veal.

Liver Forcemeat, No. 2.—Soak 4 ounces stale bread without the rind for 10 minutes in cold water, then inclose it in a towel and press out all the water; melt 2 ounces butter in a saucepan; add 2

tablespoonfuls fine-minced onion, cook 5 minutes without browning; add the bread, and stir till it forms into a paste and loosens itself from bottom of saucepan; withdraw from fire and set aside to cool. Remove the skin and veins from 1 pound of calf's liver, chop very fine; add it to the bread; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, the yolk of 1 egg, and 1 whole egg.

Veal Forcemeat, No. 1.—Procure 1 pound of lean veal from the leg, grind or chop it very fine, mix it with ½ pound fine-chopped suet or prepared calf's udder; put in a wooden chopping bowl, and pound the two ingredients well together. Boil 1 cupful water with 1 ounce butter, add ¾ cupful flour, stir and cook till it forms to a paste, then remove; add it to the other ingredients; also 1 whole and the yolks of 2 eggs; season with 1 even tablespoonful salt, ½ teaspoonful nutmeg, and 1 even teaspoonful white pepper; pound all together, and use for filling poultry, forcemeat balls, and dumplings.

Veal Forcemeat, No. 2.—Chop fine 1 pound of lean veal and 4 ounces larding pork or suet. Soak 4 ounces of 2-days'-old baker's bread for 10 minutes in cold water, press it out in a napkin. Melt 1 ounce butter in a saucepan, add 1 fine-chopped onion, stir and cook 5 minutes; then add the bread, stir and cook 5 minutes; remove, and when cold, add it to the meat and pork or suet; season with 1 teaspoonful salt, ½ teaspoonful pepper, ½ teaspoonful thyme, and 2 eggs; mix all well together, and use for stuffing poultry, shoulder and breast of veal, or for other purposes. If this forcemeat is to be used for forcemeat balls, omit the thyme.

Forcemeat with Fine Herbs.—Place a saucepan with 2 tablespoonfuls fine-chopped onion and 2 ounces butter over the fire; add a small clove of bruised garlic, ½ cupful fine-chopped mushrooms, 1 teaspoonful fine-chopped parsley, cook 5 minutes. Soak 4 ounces bread, without the rind, in cold water, inclose it in a towel, and press out all the water; add it to the saucepan, stir until it forms into a smooth paste; then remove; when cold mix it with

4 ounces fine-chopped veal, 4 ounces fine-chopped fresh pork; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, add the yolk of 1 egg, and 1 whole egg. In place of veal, some pork chops can be chopped and used the same way.

Forcemeat à l'Espagnole.—Melt 1 ounce butter in a saucepan, add 2 tablespoonfuls fine-chopped onions, cook 5 minutes without browning; add 1 cupful tomatoes, 1 cupful seedless raisins, 1 cupful chopped blanched almonds, 6 fine-cut olives, 2 tablespoonfuls capers, stir and cook 10 minutes; then remove from fire, and when cold, mix it with ½ pound fine-chopped veal, and ½ pound sausage meat, 3 fine-chopped hard-boiled eggs; season with 1 teaspoonful salt, ½ teaspoonful pepper; mix all together, and use for stuffing turkey and chickens.

Giblet Forcemeat.—Soak ½ pound of stale baker's bread, without the rind, for 10 minutes in cold water, inclose it in a towel, and press out all the water; melt 2 ounces butter in a saucepan, add 1 fine-chopped onion, cook 5 minutes; then add it to the bread; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful nutmeg, ½ teaspoonful thyme; add the fine-chopped giblets of 1 chicken, and 1 egg; mix all together and use for stuffing chicken. Turkey giblets are prepared the same way, also pigeons and game.

Oyster Forcemeat.—One and a half cupful rolled soda crackers, 10 large oysters, chopped fine, ½ pint of oyster liquor, the yolk of 1 egg, and 1 whole egg; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, 1 ounce butter, ½ tablespoonful fine-chopped parsley; mix all together, and use for filling poultry and fish.

Chestnut Forcemeat.—Place a saucepan with 1 tablespoonful fine-chopped onion and 2 ounces butter over the fire, cook 5 minutes, without browning; add 6 ounces fine-chopped fresh pork, from the loin; add 12 fine-chopped mushrooms, 12 finely pounded cooked chestnuts, stir and cook 5 minutes longer; remove from the fire; season with 1 teaspoonful salt, ½ teaspoonful pepper, and ½

pound whole-peeled and cooked chestnuts, 3 tablespoonfuls of bread crumbs, mix all together, and use for stuffing poultry. Another way is to boil 1 pound of peeled chestnuts in milk till tender, then pound them fine, and mix with 2 ounces butter, little salt and pepper, and use for stuffing; or mix with this purée 4 ounces sausage meat and 1 ounce of butter.

Forcemeat with Almonds.—Half pound fine-minced chicken or veal meat, 2 ounces minced larding pork, 1 whole egg and 1 yolk, 1 tablespoonful butter, stirred to a cream; 2 ounces bread soaked in milk and pressed out, 4 tablespoonfuls fine-minced almonds, a little nutmeg, salt and pepper to taste; work the whole well together, and use for filling poultry or birds. In place of almonds, chestnuts may be taken.

American Forcemeat.—Fry 2 fine-chopped onions in 2 ounces butter; add to this the crumbs of a loaf of bread, previously soaked in cold water, and pressed out; stir for five minutes over the fire; then set it off to cool. Mix it with salt and pepper to taste, 2 eggs, 2 teaspoonfuls of sage, a little nutmeg, and ½ pound sausage meat. A plainer dressing is 2 cups bread crumbs, 1 tablespoonful butter, a little salt and pepper; if seasoning is liked, add some thyme, sage, or mayron.

Sausage Forcemeat.—Soak ½ pound of stale baker's bread for 10 minutes in cold water, then inclose it in a napkin, and press out all the water. Place a saucepan with 1 ounce butter over the fire, add ½ cupful fine-chopped onion, cook 5 minutes without browning; then add the bread, stir, and cook 5 minutes; remove, and when cold, mix it with 1 pound of sausage meat; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, ½ teaspoonful thyme, add the yolks of 2 eggs or 1 whole egg; mix all together, and use for filling poultry, shoulder of lamb, spare ribs, fresh roasted ham, and shoulder or breast of veal.

Fine Fish Forcemeat.—Chop fine 1 pound of fish meat, either from halibut, weakfish, or fresh codfish; mix it with 5

ounces panada of pâté à chou, 4 ounces butter, the yolks of 3 eggs, and 1 whole egg; season with salt, pepper, and nutmeg; mix all together, and place it for 1 hour on ice; then use for filling fish, or for small dumplings for ragoûts, or for garnishing.

Plain Fish Forcemeat.—Soak 2 ounces stale bread without the rind 10 minutes in cold water, inclose it in a towel and press out all the water. Place a small saucepan with 1 tablespoonful butter over the fire; add 2 tablespoonfuls fine-chopped onion, cook 5 minutes without browning; then add the bread, stir until it forms into a smooth paste; then remove; when cold mix with ½ pound fine-chopped fish meat, season with salt and pepper, and a little thyme, the yolk of 1 egg, and 1 whole egg; use it for filling fish.

French Fish Forcemeat.—With an egg beater beat 4 eggs very light, add a little salt, and 4 tablespoonfuls water; then beat again for a few minutes. Place a frying pan over the fire with ½ tablespoonful butter; when hot pour in the beaten eggs, stir slowly until they are thick; remove them from the fire, and mix with ½ pound fine-minced fish meat, 1 cup bread crumbs, 1 whole egg, 2 ounces of butter, stirred to a cream; salt and pepper to taste; a little nutmeg or thyme may be added if liked; use for filling fish and small dumplings. In place of fish, sausage meat, veal, or chicken meat may be used.

Corn Filling.—Soak 4 ounces stale baker's bread for 10 minutes in cold water, then inclose it in a napkin and press out all the water. Place a saucepan with 4 ounces fine-chopped suet over the fire; add ½ gill fine-chopped onion, cook 5 minutes without browning; season with 1 teaspoonful salt and ¼ teaspoonful pepper; add the bread, stir and cook 5 minutes; then remove. Cut the corn from the cob of three large ears of fresh corn, or take ½ can of canned corn; when the bread is cooled off, mix it with the corn and 2 well-beaten eggs. This dressing is excellent for shoulder or breast of veal, lamb, or chicken.

Tomato Forcemeat.—Melt 2 ounces butter in a saucepan, add ½ cupful fine-chopped onion, cook 5 minutes without browning; drain off the liquid from 1 can of tomatoes, add the tomatoes to the onion; season with 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoonful sugar, cook fifteen minutes; remove and set aside to cool. Rub 4 ounces stale bread without the crust into crumbs, put it on a tin pan, set it for 10 minutes in the oven to dry; then remove, and when cold mix it with the tomatoes, 1 egg, and 4 ounces sausage meat, and use for stuffing fish.

Game Forcemeat.—Place 4 ounces fine-cut larding pork in a saucepan over the fire, fry a few minutes; then add ½ pound fine-cut game meat, either of venison, the fillet of hare, rabbits, partridges, or prairie hens; add 1 gill of fine-chopped onion, a bouquet, ½ teaspoonful salt, ¼ teaspoonful pepper, and ½ teaspoonful nutmeg; stir frequently, and cook 10 minutes; then remove. When cold, add 4 ounces raw game meat, remove the bouquet, chop all the ingredients very fine. Boil ½ cupful water with 1 teaspoonful butter in a small saucepan; add ½ cupful flour, stir and cook till it forms a paste; then remove; add it to the forcemeat, with 1 whole egg and two yolks, pound the whole very fine, and, if necessary, add more salt or pepper.

Fine Chicken Forcemeat.—See Chicken.

Lobster Forcemeat.—See Lobster.

Crab Forcemeat.—See Crab.

Clam Forcemeat.—See Clams.

Forcemeat for Boned Capon or Squabs.—Put 1 pound lean veal and ½ pound lean fresh pork through the meat machine; add 6 ounces butter, 12 ounces pate aux choux, 8 yolks, salt, pepper, a little nutmeg, 3 fine cut truffles, 2 ounces shredded pistachio nuts, and 1 cupful fine herb. Pound all together and use.

FORCEMEAT BALLS, QUENELLES, AND DUMPLINGS.

Beef Forcemeat Balls.—Chop fine or grind in a meat grinder ½ pound lean beef, season with 1 even teaspoonful salt, ½ teaspoonful pepper, ½ teaspoonful grated nutmeg. Soak 2 slices of stale bread, without the rind, in cold water till soft, press out in a towel and measure it; there should be ½ pint. Place a saucepan with 1 tablespoonful butter over the fire, add 1 tablespoonful of very finely chopped onion, cook 5 minutes without browning; then add the soaked bread, stir 6 minutes over the fire; when cold mix the meat and bread together, add the yolk of 2 eggs, and the beaten white of 1 egg; when well mixed, form with the hands into small balls, like a hickory nut; wet the hands a little at times with cold water, so as to roll the balls perfectly smooth; then drop them on a plate, dust with flour; drop the balls into the boiling soup, cook 8 minutes, or boil them in salted water; take them out with a skimmer, lay them in the tureen, and pour the strained soup over. These meat balls are also very nice boiled in chicken fricassee.

Forcemeat Balls of Sausage Meat.—Take ½ pound of sausage meat, 1 cup of bread previously soaked in cold water and pressed dry, 1 egg, some salt, pepper, and a little ground mace; mix these ingredients well together with a wooden spoon. Dust some flour on a pastry board, take a tablespoonful of the forcemeat, roll it into a long roll a finger thick, continue until all the forcemeat is formed into rolls; cut each roll into pieces the size of a marble, roll these with the help of some flour into little round balls, put them on a plate, dust flour over them, shake the plate so that they cover themselves with flour. After all are prepared in this way boil them in the soup for ten minutes, or in boiling salted water.

Liver Dumplings.—Place a saucepan with 1 tablespoonful butter over the fire, add 2 tablespoonfuls fine-chopped onion, a small piece of bruised garlic the size of a coffee bean; cook 5 minutes without browning; soak ½ loaf of 2-days'-old baker's bread, without the rind, in cold water, inclose in a towel and press out all the water; add it to the saucepan, stir and cook 5 minutes; then remove; when cold add ½ pound fine-chopped calf's or lamb's liver and 2 whole eggs; season with 1 teaspoonful salt, ½ teaspoonful pepper, ¼ teaspoonful thyme, a little marjoram, and mix all well together; then cut with a tablespoon small portions from the mixture, drop it into salted boiling water; cook ten minutes; then remove the dumplings carefully with a skimmer; serve with sauerkraut, or any other vegetable.

Liver Dumplings for Soup.—One half cupful fine-cut calf's or lamb's liver, ½ cupful grated bread crumbs, 1 ounce butter, small grated onion, ½ teaspoonful salt, ¼ teaspoonful pepper, the yolk of 1 egg, and the white beaten to a stiff froth. Mix the liver, bread crumbs, salt, and pepper together; add the onion, the melted butter, the yolk, and last the beaten white. Cut with a teaspoon small portions from the preparation and drop into boiling soup; boil 6 minutes; then serve. Or boil the dumplings in boiling salted water, and lay them in the soup.

Liver Balls.—Stir 3 ounces of butter to a cream; add by degrees 3 eggs, 3 ounces bread crumbs, ½ pound fine-minced or scraped calf's liver, some salt and pepper, and, if liked, a little grated onion. When well mixed, cut with a teaspoon small portions from this, drop them into the soup; boil from 8 to 10 minutes; or mold them into little round balls.

Liver à la Royal.—Remove the skin and tough parts from ½ pound of calf's liver or of poultry liver; chop it fine; put it in a saucepan with 1 ounce butter and 1 fine-chopped onion, and cook slowly 10 minutes; add 1½ cup bouillon, boil ½ hour; press through a sieve; mix with the yolks of 4 eggs, a little salt, and

pepper; then place it in a double boiler, and boil until firm. Shortly before serving cut it into fine slices and lay them in the prepared soup. A Royal of Calf's Brain is made the same way.

Dumplings with Prepared Flour.—Mix together 1 cup of prepared flour, ½ teaspoonful butter, 1 egg, 3 tablespoonfuls water; form with a tablespoon small dumplings, drop them into boiling salted water, cover, and cook 6 minutes; instantly remove with a skimmer and serve. This will make 9 dumplings. They may be boiled in fricassees or stews.

Flour Dumplings.—Stir 2 ounces butter to a cream, add gradually the yolks of 2 eggs, ½ teaspoonful salt; then add alternately 1½ even cup flour and ½ cup of milk, and last the beaten whites. Form with a tablespoon dumplings the size of an egg, drop them into boiling salted water; cover and boil from 6 to 8 minutes or until done (which may be ascertained by cutting one through the center; if dry, it is done; if not, the boiling must be continued a little longer). These dumplings are served with roasted meat; if wanted for soup they are formed with a teaspoon.

Thüringer Dumplings.—Place a saucepan with 3 large peeled potatoes over the fire; cover with 1 pint of cold water; add ½ tablespoonful salt, and boil till tender; drain off the water and mash them fine. At the same time grate 3 large peeled and well-washed raw potatoes, drain off some of the water; add them to the hot mashed potatoes; season with ½ teaspoonful salt; mix well together; add the yolks of 2 eggs, 3 tablespoonfuls grated bread crumbs, and the beaten whites. Form this into balls the size of an egg, drop them into a large saucepan of boiling salted water, boil 15 minutes; remove with a skimmer, and serve.

Potato Dumplings of Raw Potatoes.—Peel, wash, and grate 6 large potatoes, dip off some of the black water, then measure them for 1 pint grated potatoes; add the yolk of 2 eggs, 2 tablespoonfuls prepared flour (or ½ cupful grated bread crumbs), 1 teaspoonful salt, and the beaten whites; cut with a tablespoon portions

the size of an egg from this; drop them into boiling salted water, and boil 15 minutes; then remove with a skimmer, and serve. Another way is to fry 1 cupful small dice-shaped pieces of bread in 2 ounces fine-cut larding pork, and mix them with the potatoes.

Potato Balls for Soup.—Stir 2 ounces of butter to a cream, add by degrees the yolks of 3 eggs, 4 ounces boiled and grated potatoes, 1 tablespoonful farina, 1 teaspoonful fine-chopped parsley; season with salt, ¼ teaspoonful white pepper, and last the whites beaten to a stiff froth. Form this preparation into small balls the size of a pigeon's egg, give them an oblong shape; roll in flour and boil in boiling salted water 8 minutes. Remove carefully, lay them in the soup, and serve.

Panada of Pate aux Choux.—Boil ½ pint milk or water with ½ tablespoonful butter; add ½ pint flour, stir and cook to a smooth paste that loosens itself from side and bottom of saucepan; put the paste on a plate, cover with buttered paper, and set aside till wanted. (This makes 11 ounces.)

Chicken Quenelle Forcemeat.—Put the white meat from the breast of 1 chicken twice through a machine, and weigh it—there should be ½ pound of meat; add ½ pound of panada and 4 ounces butter; pound these ingredients well together; add the yolks of 2 eggs and 2 whole eggs; season with 1 teaspoonful salt, ⅓ teaspoonful nutmeg, a pinch of Cayenne pepper. When all is well blended together, rub the forcemeat through a sieve; make a trial; put a teaspoonful of the forcemeat in boiling water and poach 5 minutes; if it should be too firm, add a little whipped cream or béchamel sauce; if not firm enough, more panada and 1 yolk can be added. Game and Veal Quenelle Forcemeat may be prepared in same manner.

Chicken Quenelles.—Take 2 teaspoons; put 1 into a bowl of hot water; take the other in the left hand, and fill it with the forcemeat; smooth the top with a small knife dipped in warm water; take the spoon from the bowl in the right hand, and slide the hot

spoon underneath the forcemeat: slip it onto the bottom of a buttered soutee pan; when all have been formed, cover and set the pan aside; 10 minutes before serving, put a funnel in center of the pan; pour enough boiling water through the funnel into the pan to cover the quenelles; add 1 teaspoonful salt; place the pan over the fire; when it begins to boil, draw to side of the stove, and poach 5 minutes; remove the quenelles with a skimmer and lay them a few minutes on a napkin to drain; then add them either to soups, ragouts, or salpicons. Veal or Game Quenelles may be prepared in same manner.

Zwieback Dumplings.—Stir 2 ounces butter to a cream; add the yolks of 2 eggs, 2 cupfuls rolled zwieback crumbs, 2 tablespoonfuls milk, 1 teaspoonful sugar; let this stand 1 hour; then add the 2 beaten whites; cut with a teaspoon small portions from this mixture and boil them 6 minutes in wine or fruit soup. If these dumplings are to be boiled in meat soups, leave out the sugar.

Rice-flour Dumplings.—Set a saucepan with $\frac{1}{2}$ cup milk and 1 ounce butter over the fire; as soon as it boils add 2 ounces of rice flour, stir until it forms into a smooth paste and loosens itself from the bottom of saucepan; then remove, turn the paste into a bowl; when nearly cold add by degrees the yolks of 2 eggs, 1 tablespoonful sugar; last the beaten whites of the 2 eggs; cut with a teaspoon small portions from this mixture; drop them into fruit or wine soups, and boil 6 minutes. The best way is to boil 1 dumpling; if too soft add a little dry farina, and if too firm, a little milk.

Apple Balls for Fruit Soup.—Peel and core 4 large greening apples, place them in a pan, and bake in a medium hot oven; when done press the apples through a sieve; add the yolks of 3 eggs, $1\frac{1}{2}$ cup grated bread crumbs, $\frac{1}{2}$ tablespoonful butter, 2 teaspoonfuls sugar, 1 tablespoonful fine-cut citron, $\frac{1}{4}$ teaspoonful cinnamon; mix all well together; let it stand 1 hour, then beat the 3 whites to a stiff froth, add them to the mixture; shape into small balls either with a teaspoon or the hands, and boil in fruit soups. In place of apples any kind of fruit may be taken.

Farina Dumplings for Soup.—Place a small saucepan with ½ cupful milk over the fire; add ½ tablespoonful butter; as soon as it boils add 3 tablespoonfuls farina, stir and cook till it forms into a smooth paste and loosens from bottom of saucepan. Remove from the fire, turn the paste into a bowl, and when nearly cold mix it with the yolks of 2 eggs; season with ¼ teaspoonful salt, ¼ teaspoonful nutmeg, add last the whites beaten to a stiff froth; mix all well together; take with a teaspoon small portions from this, drop them into boiling salted water, boil five minutes; then carefully remove the dumplings with a skimmer, lay them in the tureen and pour the soup over them.

Sponge Dumplings for Soup.—Place a small saucepan with ½ cupful milk and 1 ounce butter over the fire; when it begins to boil add ½ cupful flour, stir and cook till it forms into a smooth paste; then remove, and when nearly cold add the yolk of 2 eggs, ¼ teaspoonful salt, and nutmeg; add last the 2 whites beaten to a stiff froth; stir until perfectly smooth; then cut with a teaspoon small portions from this mixture, drop them into boiling salted water, boil 6 minutes; remove them with a skimmer, lay in the tureen, and pour the soup over; 1 teaspoonful fine-chopped parsley may be added to the mixture if handy.

Sponge Dumplings with Cheese.—One cup milk, 1 ounce butter, 1 cup flour, 2 whole eggs and 2 yolks, 2 tablespoonfuls of grated Parmesan cheese, little salt, and nutmeg. Place the milk and butter in a saucepan over the fire; add flour as soon as it boils; keep stirring until formed to a smooth paste and loosening itself from bottom of saucepan; then put the paste into a dish, mix with the yolks, salt, and nutmeg. When cooled off, add the cheese and the whipped whites of the 2 eggs; mix well; take a small portion with a spoon and drop into boiling water (if too soft, add a little dry farina). Shortly before serving drop with a tablespoon small oblong dumplings into the soup, and boil about 8 minutes.

Sponge Dumplings for Fricassees.—Four ounces butter, 4 ounces flour, ½ pint of milk, 4 eggs, little salt, and nutmeg. Place a soupplate over a saucepan in which there is some hot water; put half of the butter with the flour into the plate; mix well together. Pour the milk in another saucepan; as soon as it boils, add the mixed flour and butter, stirring constantly until it becomes a smooth paste and loosens itself from bottom of saucepan; then put the paste into a dish, and set it aside to cool. Stir the remaining butter to a cream, add by degrees 4 yolks, the salt, nutmeg, and the paste. When the whole is well blended, add 1 tablespoonful dry farina and the whites beaten to a stiff froth; form with a tablespoon into small oblong dumplings, drop into boiling salted water, boil 8 minutes; remove them with a skimmer, lay in a hot dish. Fry ½ cupful grated bread crumbs in 1 ounce butter light brown, pour them over the dumplings, and serve with fricassees, ragoûts, or stews.

Bread Dumplings.—Stir 2 ounces of butter to a cream; add by degrees 2 eggs, little salt, nutmeg, ¼ teaspoonful sugar, and 1 cup of grated bread crumbs; when well mixed, let it stand 1 hour. Shortly before serving form into balls, like a pigeon's egg, and boil 6 minutes in the soup. Another way is to soak 4 ounces bread without the rind for 10 minutes in cold water, press out, and place it in a saucepan with 1 tablespoonful butter or drippings, stirring constantly for 5 minutes; then take it from the fire, put into a dish; when cooled off, mix it with the yolks of 2 eggs, a little salt and nutmeg, lastly the beaten whites of 2 eggs; shape into small oblong dumplings with a teaspoon, and boil 6 minutes in the soup or in salted water.

Chicken Forcemeat Balls.—Soak 2 ounces stale baker's bread without the rind in cold water for 10 minutes, inclose it in a towel, and press out all the water; melt 1 ounce butter in a saucepan, add the bread, stir and cook 5 minutes; transfer it to a wooden bowl; when cold, add the fine-chopped breast of a young chicken, pound

the two with a potato masher into a paste; add the yolks of 2 eggs; season with 1 teaspoonful salt, 1/4 teaspoonful white pepper, 1/4 teaspoonful nutmeg, add last the 2 whites beaten to a stiff froth; form the preparation into small round balls the size of a walnut (moisten the hands with cold water while rolling the forcemeat balls); drop them into boiling salted water, boil 6 minutes; remove them carefully with a skimmer, and use as directed in various recipes.

Fine Chicken Forcemeat Dumplings.—Remove the breast from a young chicken; chop it fine; put it in a chopping bowl, and pound it fine with a potato masher. Place a saucepan with 1/2 cupful boiling water over the fire; add 1 ounce butter and 1/2 cupful flour; stir until it forms into a smooth paste and loosens itself from bottom of saucepan; then remove; add it to the chicken meat; add 1 ounce butter, 1 teaspoonful dry farina, 1/2 teaspoonful nutmeg, 1/4 teaspoonful white pepper and 1 teaspoonful salt, 1 whole egg and the yolks of 2; pound the whole into a fine smooth paste; form with 2 teaspoons small dumplings from this mixture; drop them into boiling water in a low saucepan; let simmer 6 minutes; then carefully remove them with a skimmer, and serve as directed in various recipes. One teaspoonful grated onion may be added, or 1 teaspoonful chopped parsley if liked.

Veal Forcemeat Balls à la Française.—Mince very fine 4 ounces of veal and 2 ounces of suet; season with 1/2 even teaspoonful salt, 1/4 even teaspoonful pepper, 1 teaspoonful fine-chopped parsley, 1/4 teaspoonful nutmeg, 2 scrambled eggs, 1 raw egg, and 1/2 cupful grated bread crumbs; mix well together, and form with the hands into small balls; finish the same as in foregoing recipe. Forcemeat balls of chicken, game, beef, and fresh pork may be prepared in the same way.

Veal Forcemeat Balls.—Place a saucepan with 1/2 cupful water and 1 ounce butter over the fire; as soon as it boils, add 1/2 cupful flour, stir until it forms into a smooth paste; then remove; when cold, add 1/2 pound fine-chopped veal, 4 ounces fine-chopped veal

fat or suet; pound this together in a chopping bowl with a potato masher; add the yolks of 2 eggs and 1 whole egg, 1 even teaspoonful salt, 1/4 teaspoonful white pepper, and the same of nutmeg; form this into small balls the size of a hickory nut, and drop them into salted boiling water, cook 6 minutes; then remove, and use as directed in other recipes for soups or ragoûts.

Egg Balls.—Rub the yolks of 4 hard-boiled eggs fine, add 1/2 teaspoonful butter, a small pinch of salt, and nutmeg, and 1 raw yolk; form this preparation with the help of little flour into small round balls the size of a small hickory nut; drop them into boiling slightly salted water, and boil 6 minutes; carefully remove and serve as directed in other recipes; they are mostly used for soup and ragoûts.

Fish Forcemeat Balls.—Chop fine 1/2 pound of fresh codfish or halibut; soak 2 slices of stale bread in cold water about 10 minutes, then inclose it in a towel, and press out all the water; measure it (there should be 1/2 pint). Melt 1 tablespoonful butter over the fire, add 1 tablespoonful fine-minced onion, cook 5 minutes without browning; add the bread, stir and cook 5 minutes longer; then remove; when cold mix with the fish meat the yolk of 1 egg and 1 whole egg; season with 1 teaspoonful salt, 1/4 teaspoonful pepper, a little nutmeg, and a pinch of powdered thyme; mix well together; form the preparation into small balls, rolled in flour; place a saucepan with 3 pints water over the fire, add 1/2 tablespoonful salt, 2 slices of onion, the same of carrot, a bay leaf, 3 cloves, 6 whole peppers, and 2 tablespoonfuls vinegar; as soon as it boils, put in the balls, and boil 8 minutes; then remove carefully with a skimmer and use for garnishing fish.

Turtle Forcemeat Balls.—Add to 1/2 pound fine-minced turtle meat the yolks of 3 hard-boiled eggs, previously rubbed into a paste with 1 1/2 tablespoonful butter; add 2 whole eggs, a little Cayenne pepper, and mace, 2 tablespoonfuls of powdered crackers, and, if necessary, some salt. Mix all the ingredients well together;

shape into balls, dip in egg, then in powdered crackers, fry in butter, and drop into the turtle soup; or use them for turtle ragoût.

Oyster Forcemeat Balls.—Mix well together, shape into balls, and boil 5 minutes in salted water 10 fine-chopped oysters, 1 cupful bread crumbs, ½ tablespoonful fine-chopped parsley, a little Cayenne pepper and salt, 2 eggs, 1 tablespoonful oyster liquor, and 1 ounce butter.

Crab Forcemeat Balls.—Stir 2 ounces of butter to a cream, add by degrees the yolk of 1 egg, 1 whole egg, 4 ounces bread crumbs; take the meat from 4 boiled crabs, cut it into little square pieces (there should be ½ pint). Mix all the ingredients well together, season with salt and a little nutmeg; shape into balls like a pigeon egg, and boil 6 minutes in bouillon. Another way is to stir 2 ounces of crab butter to a cream, add by degrees the yolk of 1 egg, 1 whole egg, 2 ounces of bread crumbs, salt, a little nutmeg, and 1 cupful fine-cut crab meat; shape into balls, and boil 6 minutes.

Rice Balls.—Place ¼ pound of rice in a saucepan with cold water over the fire, boil a few minutes; drain in a colander, rinse off with cold water, return the rice to saucepan, cover with milk or water, add ½ tablespoonful butter and some salt; boil the rice till tender and thick; take it from the fire, mix with 2 eggs, and, when cold, shape into balls, rolled in bread crumbs or flour; boil 6 minutes in bouillon or salt water; drop them into the soup when served.

Forcemeat Balls of Fresh Pork and Veal.—Four ounces finely chopped veal, 4 ounces fine-chopped fresh pork (the best way is to take 1 pork chop), 1 even teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful grated nutmeg, 1 cupful stale bread soaked in cold water, pressed out in a towel, and then measured, ½ tablespoonful butter, 1 whole egg, and the yolk of 1 egg. Melt the butter in a saucepan, add the bread, and stir 5 minutes over the fire; then remove; when cold, mix the ingredients together, form into

small balls, rolled in flour, and boil either in boiling soup or in boiling salted water; cook 8 minutes, and use as directed in various recipes.

Decorated Forcemeat Dumplings.—Prepare a fine chicken forcemeat, form it with 2 spoons into small dumplings; lay these into a wide shallow pan, and on each one a little piece of red boiled beef tongue and a thin slice of truffles, dipping first into beaten white of egg, and then pressing them a little into the dumplings. Ten minutes before serving, set the pan on the stove, and pour through a funnel enough boiling water into the pan to cover the dumplings; let simmer 10 minutes; then take them out carefully with a skimmer, and use for garnishing fine dishes.

Sausage Forcemeat Balls.—Soak 2 ounces bread 10 minutes in cold water, inclose it in a towel, and press out all the water. Melt $\frac{1}{2}$ tablespoonful butter in a saucepan, add the bread, stir, and cook 5 minutes; then remove from fire; when cold mix it with 2 ounces sausage meat, $\frac{1}{4}$ teaspoonful nutmeg, $\frac{1}{4}$ teaspoonful salt and a pinch of pepper, 1 egg, and 1 teaspoonful grated onion; form this into small balls like marbles (in rolling them, dip the fingers in cold water; this makes them nice and smooth); lay them on a plate, dust over with flour, shake the plate to and fro so that the balls roll themselves in flour; drop them into boiling salted water cook 6 minutes; remove carefully with a skimmer and serve as directed in other recipes. In place of sausage meat, beef may be taken.

SAUCES.

General Directions.—In nothing does the skill and talent of the cook display itself more than in the preparation and appearance of sauces. A well-prepared sauce will make the commonest dish highly palatable, whereas a badly prepared one will spoil the finest dish, and often the whole meal. I am sorry to say that in so many households there is very little attention paid to this part of the cooking. To learn the special adaptability of sauces to the various viands they are to accompany, in order that they may harmonize with them, is an art, and can not be studied too much. There is no necessity for sauces to be expensive, as many people would have the world believe; it shows that to all who make such remarks the important part of cooking is unknown, and that they are either too indolent to learn or too proud to acknowledge their ignorance. The finishing of a fine sauce distinguishes itself through strength, fine fragrance, clearness of essence, luster, and consistence. All sauces should be finished shortly before serving, as they do not gain in taste and looks by standing and warming over, and for this reason no more should be made at one time than is wanted for one meal. While the sauce is over the fire it is necessary to stir constantly, and as soon as done it must be placed in a vessel of hot water (*bain-marie*) until serving. Those sauces to which cream or eggs are added should not be allowed to boil, as in that case they will instantly curdle. Brown sauce should not be as thick as a white sauce; and all those which are intended to mask the various dishes of poultry or meat should be of sufficient consistence to slightly adhere to the fowls or joints over which they are poured.

Bordelaise Sauce.—Place a small saucepan with 1 gill of red wine over the fire, add 1 tablespoonful fine-chopped white onion or shallot, and a small bouquet; reduce by boiling to one half. Melt in another saucepan 1 ounce butter; add 1 tablespoonful flour, ½ bay leaf, and 12 whole peppers, stir, and cook 5 minutes; add 1 pint chicken or veal broth, ½ teaspoonful beef extract, and the contents of the small saucepan, cook 8 minutes; season with 1 even teaspoonful salt and a pinch of Cayenne pepper, then strain; add 2 ounces of blanched marrow cut into round slices, and serve.

Sauce Poivrade.—Place a saucepan with 1 fine-chopped onion and 1 ounce butter over the fire; cook 5 minutes; add 1 ounce fine-cut ham, 1 bay leaf, 12 coarsely pounded peppers, 1 sprig of thyme and parsley, 1 gill of herb vinegar, 1 gill of white broth; cover, and cook slowly till reduced to one half; then strain the essence through a cloth. Melt in another saucepan 1 ounce butter, add 1 tablespoonful flour, stir, and cook 3 minutes; add 1½ cupful consommé, or boiling water, with ½ teaspoonful beef extract, 1 even teaspoonful salt; cook 5 minutes; add the essence, continue to cook 5 minutes longer, and serve. If this sauce is wanted for fish, add 1½ ounce butter in small pieces just before serving.

Horseradish Sauce.—Melt in a small saucepan 1 ounce butter; add 1 heaping tablespoonful flour, stir this for a few minutes; then add ½ pint veal or chicken broth; tie together 1 sprig of parsley, ½ blade of mace, 1 clove, ¼ sprig of thyme, ¼ bay leaf, and 6 whole peppers; add it to the sauce with ½ cupful mushroom liquor; boil slowly 5 minutes; then strain it into a clean saucepan; add ½ ounce butter in small portions, a little nutmeg, ½ cupful cream, and 3 tablespoonfuls grated horseradish; cook 2 minutes, and serve.

Fine Sauce Hollandaise.—Put the yolks of 4 eggs in a small saucepan; mix them with ⅛ teaspoonful salt, ⅛ teaspoonful nutmeg; set the saucepan in a vessel of hot water; add by degrees 4 ounces butter in small pieces; stir constantly; then place the saucepan for a few minutes over the fire, and stir till the sauce is smooth

and thick (care must be taken not to let it boil); remove the saucepan, add ½ tablespoonful lemon juice, and serve; and ½ gill of whipped cream.

Sauce Hollandaise.—Place a small saucepan with 2 ounces butter over the fire; add 2 tablespoonfuls fine-chopped onion; cook 5 minutes without browning; add 1 heaping tablespoonful flour, cook and stir 3 minutes; then add 2 cupfuls chicken or veal broth, also a small bouquet, and cook ten minutes; strain the sauce into another saucepan; mix the yolks of 2 eggs with 2 tablespoonfuls lemon juice; add it to the sauce; season with ½ teaspoonful salt and ¼ teaspoonful nutmeg, let it get hot, but do not allow to boil; add ½ tablespoonful butter in small portions; mix well and serve.

Helgalander Sauce.—Peel 4 medium-sized white onions, cut them into quarters; place them with 2 tablespoonfuls fine-cut ham in a saucepan; add 1 bay leaf, 1 blade of mace, 2 cloves, 6 coarsely pounded peppers; cover with water, and boil till the onions are tender and boiled nearly dry; then press them through a sieve. In the meantime melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour; stir 3 minutes; add 1 pint white broth, ½ pint milk; season with 1 even teaspoonful salt, ¼ teaspoonful Cayenne pepper; add a small bouquet, and, if handy, ½ gill mushroom liquor; cook 10 minutes; then strain; add the onion purée, return the sauce to the fire; let it cook a few minutes; add 2 tablespoonfuls cream, a little nutmeg, and a small piece of butter; stir until well mixed; then serve with boiled mutton, boiled ham, or corned beef.

Sauce Piquante.—Place a small saucepan with 1 ounce fine-chopped boiled ham and 1 fine-chopped onion over the fire; add ½ cupful white vinegar, 1 bay leaf, 1 sprig of thyme, 1 sprig of parsley, 6 coarsely pounded peppers, cover and boil till reduced to one half. Place in another saucepan 1 tablespoonful butter, add 1 tablespoonful flour; stir and cook a few minutes; add 1 pint consommé or broth, add a bouquet, season with 1 even teaspoonful salt,

½ teaspoonful pepper, cook 10 minutes; add the contents of the first saucepan, boil 3 minutes; then strain the sauce into a clean saucepan; add 2 tablespoonfuls fine-chopped mushrooms, the same of fine-chopped pickles, 1 tablespoonful capers, cook 10 minutes; then serve. This sauce is mostly served with boiled or warmed-over meats.

Sauce Matelote.—Put in a saucepan 1 tablespoonful fine-cut onions, the same of fine-cut raw ham and mushrooms; add a small bouquet, 6 coarsely pounded black peppers; cover with ½ pint Bordeaux wine, ½ cup of essence of fish; place the saucepan over the fire, and boil till reduced to one third; then strain. Melt in a saucepan 1 tablespoonful butter, add 1 tablespoonful flour, cook and stir 3 minutes; add 1 pint of consommé or boiling water with 1 teaspoonful beef extract; season with 1 even teaspoonful salt, add a small bouquet, cook 10 minutes; then add the above essence of wine, boil 2 minutes; strain through a fine sieve; add 1 tablespoonful anchovy butter, and serve with boiled or baked fish.

Onion Sauce.—Place a saucepan with 1 ounce butter or fat over the fire; add 1 tablespoonful sugar and ½ cupful fine-chopped onion, cook until light brown; then add ½ tablespoonful flour, stir and cook 3 minutes; add 3 tablespoonfuls vinegar, ½ pint of stock, 1 even teaspoonful salt, ¼ teaspoonful pepper, and 1 teaspoonful sugar; cook 5 minutes, and serve. This sauce can be served as it is or strained.

Sauce à la Toulouse.—Place a saucepan with 1 ounce butter and 1 fine-chopped onion over the fire; add 1 bay leaf, 12 coarsely pounded peppers; cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint veal or chicken broth, 1 gill of white wine, 1 gill of mushroom liquor, 1 even teaspoonful salt; cook 8 minutes; then strain into a clean saucepan; add ½ gill fine-cut truffles and the same of mushrooms; cook 5 minutes; mix ½ cupful cream with the yolks of 2 eggs; add it to the sauce; let it remain for a few minutes over the fire without boiling, and serve.

Brown-Onion Sauce.—Peel and cut 4 medium-sized onions into slices; place them with 2 ounces of butter or fat over the fire; fry and stir till the onions have obtained a light-brown color; then add 1 tablespoonful flour, continue stirring for a few minutes longer; add 1 pint of stock or 1 pint boiling water with 1 teaspoonful beef extract; cover and boil slowly 30 minutes; then press the sauce through a sieve; season with 1 even teaspoonful salt and ½ even teaspoonful pepper, and serve.

White Onion Sauce.—Peel 4 medium-sized white onions; place them in a saucepan; cover with boiling water and ½ teaspoonful salt, boil till tender, which will take about 30 minutes; when done drain off all the water; chop the onions fine, and mix them with the following sauce: Melt in a saucepan 2 ounces of butter, add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add 1 pint of boiling white broth, cook 3 minutes; add the chopped onions and let the whole boil a few minutes longer; season with 1 even teaspoonful salt, ½ even teaspoonful white pepper, and serve.

Sirup Sauce.—Cut 2 ounces of larding pork into small dice-shaped pieces; place them in a saucepan over the fire, and fry light brown; then add 1 heaping tablespoonful flour, stir for a few minutes; add 1½ cup boiling water, stir and cook 3 minutes; add ½ cupful sirup and 4 tablespoonfuls vinegar; or add sirup and vinegar to taste. This sauce is served hot in north Germany with plain boiled dumplings, and when cold it is served with lettuce and pancakes.

Spanish Sauce.—Place a saucepan with 1 ounce butter over the fire; add 2 tablespoonfuls fine-cut raw ham, the same of onion, carrot, and celery, cook 5 minutes; then add 1 heaping tablespoonful flour, stir and cook 3 minutes; add 1 pint of soup stock or broth, 1 even teaspoonful salt, 6 whole peppers, and a bouquet; boil slowly 10 minutes; then strain, and serve. If stock or broth is not at hand add to 1 pint boiling water 1 teaspoonful beef extract.

Champagne Sauce.—Place a small saucepan with 2 fine-chopped shallots and 1 ounce butter over the fire, cook 3 minutes; add ½ pint champagne, 2 cloves, 6 coarsely pounded peppers, ½ blade of mace, ½ bay leaf, cover and cook till reduced to one half. Prepare a Spanish sauce the same as in foregoing recipe; strain the essence through a napkin, add it to the sauce, cook for a few minutes, and serve.

Olive Sauce.—Put ¾ cupful fine-cut prepared olives into the Spanish sauce; cook 5 minutes, and serve. Another way is to remove the pits from 12 salted olives, let them lay for 20 minutes in warm water; press the olives back into their natural form; put them into the Spanish sauce; cook 10 minutes; add the juice of ½ lemon, and serve.

Raisin Sauce.—Put 1 cupful raisins in a saucepan; cover with ½ cupful water, ½ cupful white wine, and boil 20 minutes. At the same time place a saucepan with 1 tablespoonful butter over the fire; add 1 fine-cut onion, a little fine-cut ham, and carrot, cook 5 minutes, then add 1 heaping tablespoonful flour; stir for a few minutes; add 1 pint boiling water, 1 tablespoonful liquid beef extract, 3 cloves, 1 bay leaf, 6 crushed peppers, 1 blade of mace, 1 even teaspoonful salt, ¼ teaspoonful pepper; cook 10 minutes; then strain it into a clean saucepan; add the raisins, return the saucepan to the fire; add 1 tablespoonful lemon juice and 1 tablespoonful sugar; cook for a few minutes; then serve with boiled beef-tongue or boiled ham.

Polish Sauce.—Prepare 1 pint of Spanish sauce; add 4 ounces finely pounded almonds, 4 ounces raisins, the juice of 1 lemon, 1 teaspoonful sugar, ½ cupful white wine; boil slowly 20 minutes; then strain; if necessary, add little salt. Serve with boiled beef-tongue.

Tomato Sauce à l'Allemande.—Open a can of tomatoes, and turn the contents into a saucepan; add 1 even teaspoonful salt, ½ tablespoonful butter, 2 teaspoonfuls sugar, and let it cook 30

minutes. Mix 1 teaspoonful cornstarch with a little cold water, add it to the tomatoes, cook 2 minutes; then strain through a sieve. Mix the yolks of 2 eggs in a saucepan, with 2 tablespoonfuls cold water, add gradually the tomatoes, while stirring constantly; return the tomatoes for a few minutes to the fire; heat it to a boiling point, but do not allow it to boil; add ½ gill of cream. Serve at once.

Tomato Sauce à la Française.—Place a small saucepan with 1 tablespoonful butter or poultry fat over the fire; add 2 tablespoonfuls fine-cut carrots, 1 fine-cut onion, ½ bay leaf, 2 cloves, 1 blade of mace, 6 whole peppers, 1 sprig of thyme; stir and cook 10 minutes; add 1 tablespoonful flour, and cook 2 minutes; add 1 can tomatoes, 1 teaspoonful salt, 1 even teaspoonful pepper, 1 teaspoonful sugar; cook slowly 10 minutes, stirring constantly, then strain, and serve.

Sauce de Gourmets.—Melt ½ tablespoonful butter, add 1 tablespoonful fine-chopped onions, the same of carrots and raw ham; cook 5 minutes; add ½ tablespoonful flour, cook 3 minutes; add 2 fine-cut tomatoes, ½ pint of boiling water, ½ teaspoonful salt, ¼ teaspoonful pepper, 1 tablespoonful liquid beef extract; cook 10 minutes; strain and add 1 tablespoonful crawfish butter. In the meanwhile peel and boil 4 shallots in salted water, drain and chop them fine; dip 1 sprig of parsley and 4 leaves of tarragon into boiling water; remove, chop fine, and add this to the sauce; season with a little Cayenne pepper, and salt to taste. If the sauce should be too thick, add more bouillon or boiling water, with a little beef extract. Serve this sauce with boiled or baked fish only.

English Bread Sauce.—Place a saucepan with 1 cupful milk over the fire; add a small white onion, 2 tablespoonfuls grated bread crumbs, 6 whole peppercorns, and a little salt; cook 10 minutes; take out the onion; add 1 tablespoonful butter in small pieces, cook for a few minutes longer; then strain through a sieve, add a few spoonfuls cream, and serve with boiled poultry.

Oyster Sauce.—Melt 1 tablespoonful butter in a saucepan; add 1 tablespoonful flour; cook and stir 3 minutes without browning; then add ½ pint of white broth, 1 even teaspoonful salt, 6 coarsely pounded peppers, a small bouquet, and ½ gill mushroom liquor; boil 5 minutes; then strain into a clean saucepan; mix the yolks of 2 eggs with ½ cup cream; add it to the sauce. In the meantime put 1 dozen medium-sized oysters, without their liquor, in a saucepan; add ½ tablespoonful butter, 1 tablespoonful lemon juice, ¼ teaspoonful white pepper, and the same of salt; cook until the oysters begin to ruffle; then add them to the sauce and serve.

Mushroom Sauce, No. 1.—Melt 2 ounces butter in a saucepan; add 1 tablespoonful flour, cook and stir 3 minutes; add 1 pint boiling consommé or broth (and, if neither should be at hand, add to 1 pint of boiling water 1 teaspoonful beef extract); stir until smooth; then add ½ can of mushrooms; season with salt and pepper, and cook 15 minutes; add last 1 tablespoonful lemon juice, and serve with broiled beefsteak.

Mushroom Sauce, No. 2.—Chop fine ½ pint of well-cleaned fresh mushrooms; put them in a small saucepan with 2 ounces of butter; let them simmer 10 minutes; dust over 1 tablespoonful flour; add 1 pint boiling water, with ½ teaspoonful beef extract; season with salt and pepper; boil 5 minutes, add ½ tablespoonful lemon juice, and serve.

German Cherry Sauce.—Wash ½ pound dried sour cherries; place them in a saucepan; cover with 1 quart of cold water; add a small piece of cinnamon, the thin peel of ½ lemon, a thin slice of stale bread, and boil slowly 1 hour; then press it through a sieve into a clean saucepan; add ½ pint of red wine, 3½ tablespoonfuls sugar; return the saucepan to the fire and reduce by boiling to 1½ pint; add ½ cupful preserved cherries, and serve with game.

English Gooseberry Sauce.—Clean and wash ½ pint of gooseberries, place them in a saucepan, cover with boiling water, cook 3 minutes; drain off the water and press the gooseberries

through a sieve; add them to ½ pint of butter sauce; serve with boiled fish.

Cumberland Sauce.—Pare off very thin the peel from a green orange, cut it into fine strips like straws (julienne); place them in a small saucepan; cover with boiling water and cook 15 minutes, changing the water 3 times during that time; then drain in a sieve, add slowly to ½ cup of currant jelly ½ pint Bordeaux wine, the juice of the peeled orange, and the fine-cut and boiled peel; also 1 teaspoonful English mixed mustard and ¼ teaspoonful Cayenne pepper; serve with game.

Sauce à la Politaine.—Pour ½ pint Port or Madeira wine in a saucepan; add 1 fine-chopped white onion, 1 ounce fine-cut lean ham, 6 coarsely crushed black peppers, 1 bay leaf, 1 blade of mace, a small sprig of thyme, 2 sprigs of parsley; cover and boil till reduced to one half; then strain through a napkin, and add 1 teaspoonful sugar. Place in a small saucepan 1 tablespoonful butter, add 1 tablespoonful flour, stir and cook a few minutes; then add 1½ cup boiling water, 1 teaspoonful beef extract, ½ teaspoonful salt, ½ cupful canned tomatoes, and a small bouquet; cook 10 minutes; then strain; add the above wine essence; season with 1 tablespoonful anchovy butter, a little Cayenne pepper, and serve.

Sauce à la Financière.—Melt 1 ounce butter in a small saucepan; add 1 fine-chopped onion, 1 ounce fine-cut ham, 3 chopped mushrooms, 2 cloves, 6 coarsely pounded peppers, 1 blade of mace; cook 5 minutes; then add ½ pint Rhine wine; cover and cook till reduced to one third. Melt in another saucepan 1 tablespoonful butter; add 1 tablespoonful flour; stir and cook 2 minutes; add 1½ cup of boiling water, 1 teaspoonful beef extract, ½ teaspoonful salt, and a small bouquet; cook 10 minutes; add the above wine preparation, cook 3 minutes; then strain; boil 2 tablespoonfuls fine-sliced truffles for 10 minutes in a little wine, then add it to the sauce and serve.

Madeira Sauce.—Place a small saucepan with 1 tablespoonful butter over the fire; add 1 tablespoonful fine-cut onion, the same of

raw ham and carrots, 1 sprig of thyme, 1 bay leaf, 6 whole peppers, 2 cloves, 2 parsley roots, and a little celery; cook 6 minutes; then add 1 tablespoonful flour, cook a few minutes; add 1½ cup of boiling water, 1 teaspoonful beef extract, and cook 15 minutes; then strain; return the sauce to the saucepan again, add ½ cupful mushroom liquor, a small bouquet, ½ even teaspoonful pepper, 1 even teaspoonful salt, and ½ cupful Madeira or sherry wine. Cook slowly 10 minutes, removing all fat which may arise to the surface.

Colbert Sauce.—Place a saucepan with 2 ounces butter over the fire; add 1 fine-chopped onion, 2 tablespoonfuls fine-cut raw ham, 2 tablespoonfuls fine-cut carrots, 1 bay leaf, 2 cloves, 6 coarsely pounded black peppers, 1 blade of mace, and a sprig of thyme; cover, and cook 6 minutes without browning; then add 1 tablespoonful flour, stir 2 minutes; add 1½ cup of white broth, cook 10 minutes; then strain into another saucepan, add ½ cup of mushroom liquor, ½ cup of sherry wine, ¼ teaspoonful Cayenne pepper, and a bouquet; cook 10 minutes; then add 1 tablespoonful of liquid beef extract, 1 ounce butter; remove the bouquet; add the juice of ½ a lemon and 1 teaspoonful chopped parsley; do not let it boil again after the last 2 ingredients have been added.

Sauce Béarnaise.—Place 2 tablespoonfuls fine-chopped shallots in a small saucepan; add 3 tablespoonfuls tarragon vinegar and 8 whole crushed peppers; reduce by boiling till nearly dry; remove from fire, and when nearly cold add the yolks of 4 eggs; set the saucepan in hot water, stir constantly; add 4 ounces of butter in small pieces; season with 1 even teaspoonful salt and ½ teaspoonful grated nutmeg; stir till the butter is melted; add 1 teaspoonful beef extract mixed with 3 tablespoonfuls boiling water; stir over the fire until the sauce is thick; then remove, and strain through a fine sieve. Serve with broiled steak or fish. The sauce is put on a warm dish, and the meat or fish is laid on top of it.

Velouté Sauce.—Place a saucepan with 2 ounces of butter over the fire; add as soon as the butter is melted 2 tablespoonfuls

flour; stir a few minutes over the fire, but do not let it get brown; add 3 cups chicken or veal broth, a small bouquet, ½ cupful mushroom liquor and a few mushrooms, 1 even teaspoonful salt, 6 whole peppers, a little nutmeg; boil and stir 10 minutes; remove the bouquet and all the fat; draw the saucepan to side of stove and let it simmer 10 minutes; then strain, and serve.

Béchamel Sauce à l'Allemande.—Melt 2 ounces butter in a saucepan; add 1 heaping tablespoonful flour; stir until the flour has absorbed all the butter; then add 1 cupful white broth, ½ cupful mushroom liquor, a small bouquet, 1 cupful cream; cook 5 minutes; strain into a clean saucepan, and add ½ tablespoonful butter in small pieces; stir a few minutes over the fire, and serve.

Béchamel Sauce.—Place a saucepan with 1 tablespoonful butter over the fire; add 1 tablespoonful flour, and stir for 5 minutes; then add 2 cups boiling milk; season with ½ teaspoonful nutmeg, 1 even teaspoonful salt, a small bouquet, 6 whole peppers, ½ cupful mushroom liquor; boil 10 minutes, strain, and serve.

Supreme Sauce.—Cut a well-cleaned chicken into 8 pieces; put the breast, thighs, and legs aside for other purposes; scald the feet in boiling water, remove the skin, and place them with the 2 wings, the giblets, and back of chicken in a saucepan; cover with boiling water, and cook 2 minutes; drain in colander, rinse off with cold water; return the chicken to saucepan again; cover with cold water; add 1 teaspoonful salt, a small bouquet; cover, and boil 1½ hour. Melt 2 ounces butter in a saucepan; add 1 heaping tablespoonful flour; stir a few minutes; strain the chicken broth; add 1 pint of the broth to the butter and flour, stir well, cook 5 minutes; then add ½ cupful cream, cook 2 minutes, and serve.

Cream Sauce.—Place a small saucepan with 2 ounces butter and 2 tablespoonfuls fine-cut raw ham over the fire; add 2 tablespoonfuls fine-cut white onions, ½ cupful fine-cut canned mush-

rooms, and a small bouquet; cook 5 minutes; then add 1 heaping tablespoonful flour; stir 2 minutes without browning; add ½ pint chicken broth, ½ pint cream, cook 10 minutes; strain into a clean saucepan; return the saucepan to the fire; add ½ tablespoonful butter in small portions; season with a little salt and nutmeg; stir until it begins to boil; then remove, and serve.

Sauce à l'Allemande.—Put 2 ounces of butter in a saucepan; add 1 heaping tablespoonful flour, stir a few minutes; add 1 pint of white stock, ½ cupful mushroom liquor, or a few fine-chopped mushrooms, a small bouquet, and boil 10 minutes; strain into a clean saucepan; return the saucepan to the fire; mix ½ cup cream with the yolks of 2 eggs; add it to the sauce; stir a few minutes, not letting it boil again; season with a little salt and nutmeg; add last 1 tablespoonful lemon juice, and serve.

Sauce à l'Italienne—White.—Place a saucepan with 1 tablespoonful butter over the fire; add 1 tablespoonful flour, stir 3 minutes; then add ½ cupful white stock, ½ cupful Rhine wine, a small bouquet, and cook 10 minutes. In the meantime put in a small saucepan 1 ounce butter; add 2 tablespoonfuls fine-chopped shallots or white onion, cook 5 minutes; then add 1 teaspoonful fine-chopped parsley, ½ teaspoonful fine-chopped tarragon; season with 1 even teaspoonful salt, cook 2 minutes. Strain the sauce in a clean saucepan, add the herbs, draining off the butter; return the sauce to the fire; add ½ tablespoonful butter in small pieces, and finish with ½ tablespoonful lemon juice, and serve.

Sauce à l'Italienne—Brown.—Place a small saucepan with ½ tablespoonful butter over the fire; as soon as melted add 2 tablespoonfuls fine-chopped shallots; stir and cook till light brown; then add 2 tablespoonfuls fine-cut boiled ham, the same of fine-cut mushrooms and truffles, cover with ½ cupful sherry wine, and cook 6 minutes. Put into another saucepan 1 ounce butter; add 1 fine-cut small onion, 1 tablespoonful fine-cut carrots, and the same of celery; cook 5 minutes; then add 1 tablespoonful flour, stir a few min-

utes; add 1 pint of boiling water with 1 teaspoonful beef extract, also a small bouquet, and boil 15 minutes; then strain; add it to the first saucepan; season to taste with salt; boil a few minutes, and serve.

Villeroi Sauce.—Melt 2 ounces butter in a saucepan; add 2 tablespoonfuls flour, stir, and cook 3 minutes; then add 3 cupfuls chicken or veal broth, a little mushroom essence, or mushroom liquor, cook 5 minutes, mix ½ cup cream with the yolks of 3 eggs, add it to the sauce, stir until just about to boil; then remove, and strain through a sieve.

Butter Sauce.—Mix 1 heaping tablespoonful flour with ½ cupful cold water in a saucepan; add slowly 1½ cup boiling water, stirring constantly; place the saucepan over the fire, stir until it begins to boil; then add, in small pieces, 4 ounces of butter; season with 1 even teaspoonful salt, boil slowly 5 minutes, and serve.

Egg Sauce.—Chop fine 1 medium-sized onion; put it with 1 bay leaf, 1 tablespoonful butter, 6 coarsely-pounded peppers, in a saucepan over the fire; cook 5 minutes; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1 pint white broth, or stock; season with 1 even teaspoonful salt, ¼ teaspoonful nutmeg; cook 10 minutes; then strain into a clean saucepan; return it to the fire; add ½ tablespoonful butter in small pieces, mix the yolks of 2 eggs with 1 tablespoonful lemon juice; pour them gradually into the sauce, being careful not to let it boil again; add 1 fine-chopped hard-boiled egg and 1 teaspoonful fine-chopped parsley, and serve.

Parsley Sauce.—Melt in a saucepan 2 ounces of butter; add 1 tablespoonful flour; stir this over the fire a few minutes; then add ½ pint boiling milk; season with ½ teaspoonful salt; boil 3 minutes; remove from the fire; add 1 tablespoonful fine-chopped parsley, and serve.

Celery Sauce.—Prepare 1 pint of butter sauce; add the yolk of 1 egg and ½ cup cream; place 1 pint of fine-cut white table celery

in a saucepan; add little butter; cover with boiling water; season with 1 teaspoonful salt, and boil till tender; then drain, add the celery to the butter sauce, and serve with boiled poultry or meat.

Caper Sauce.—Melt 1 tablespoonful butter in a saucepan; add 1 fine-cut white onion, 8 whole peppers, ½ bay leaf, cook 3 minutes, without browning, then add 1 heaping tablespoonful flour; stir and cook 2 minutes; add 1 pint of veal or chicken broth, season with ½ teaspoonful salt, ¼ teaspoonful grated nutmeg; boil 15 minutes; then strain through a sieve into a clean saucepan; mix the yolks of 2 eggs with 1 tablespoonful lemon juice; add a little sauce first to the yolks, mix well; then add the yolks to the sauce. Place the saucepan on the side of stove; add ½ tablespoonful butter in small portions, stir 5 minutes over the fire, without letting it boil again; add 2 tablespoonfuls capers, and serve with boiled mutton or fish.

Anchovy Sauce.—Mix 1 tablespoonful flour with ½ cup cold water in a saucepan; add the yolks of 2 eggs; when this is well mixed, add gradually 1½ cup of boiling water; place the saucepan over the fire; add 2 ounces of butter in small pieces; stir constantly until it begins to boil; then remove to side of stove, add 1 tablespoonful anchovy essence, 4 finely pounded boneless anchovies; season with 1 even teaspoonful salt and the juice of ½ lemon; mix well, and serve.

Shrimp Sauce.—Mix in a small saucepan 1 heaping tablespoonful flour with ½ cup cold water; add 1 even teaspoonful salt, the yolks of 2 eggs, and ¼ teaspoonful nutmeg; when this is well mixed add slowly 1½ cup boiling water, while stirring constantly; place the saucepan over the fire, and add gradually 2 ounces butter; continue stirring until just about to boil; add ¾ cupful fine-cut shrimps, and 1 tablespoonful lemon juice.

Crab and Lobster Sauce.—May be prepared in the same way as shrimp sauce. Serve with baked or boiled fish.

Lobster Sauce.—Place a small saucepan with 1 tablespoonful fine-chopped onion and 1 tablespoonful butter over the fire; add 6

coarsely pounded black peppers, ½ bay leaf; cook 5 minutes; add 1 tablespoonful flour, stir a few minutes; then add 1 pint boiling white broth; season with 1 even teaspoonful salt, ½ even teaspoonful nutmeg; cook slowly 15 minutes; add ½ tablespoonful lobster butter; mix the yolks of 2 eggs with 1 tablespoonful lemon juice, add it slowly to the sauce, not letting it boil again; strain through a sieve; add ¾ cup of fine-cut cooked lobster meat from the claws. Serve with boiled or baked fish.

Mustard Sauce (Economical).—Melt 1 tablespoonful fine-chopped suet; add 1 tablespoonful flour, stir a few minutes; then add 1 cup boiling water, and cook 2 minutes; season with ½ teaspoonful salt; remove from fire; add ½ tablespoonful butter and 2 heaping teaspoonfuls French mustard, and serve.

Mustard Sauce à l'Allemande.—Mix in a saucepan 1 tablespoonful flour with ½ cup cold water; add the yolks of 2 eggs, 2 ounces butter; then add slowly 1 cup boiling water, stir this over the fire till nearly boiling; add 1 even teaspoonful salt, ¼ teaspoonful nutmeg, the juice of ½ lemon, and ½ tablespoonful butter in small pieces, ½ tablespoonful English mixed mustard or 2 tablespoonfuls French mustard, and serve.

Sauce à la Stanley.—Place a saucepan with 1 tablespoonful butter over the fire, add 1 tablespoonful flour and stir for 5 minutes, add 2 cups boiling milk; season with ½ teaspoonful nutmeg, 1 even teaspoonful salt, a small bouquet, 6 whole peppers, ½ cupful mushroom liquor, boil 10 minutes; then strain, add 1 tablespoonful lemon juice, ⅛ of a teaspoonful Cayenne pepper, 3 heaping tablespoonfuls fresh grated horseradish, 2 tablespoonfuls cream, cook 3 minutes, and serve.

Paprika Sauce.—Place 2 tablespoonfuls of fine-cut onions, the same of raw lean ham, carrots, and leek, with 1½ ounce butter in a saucepan, and cook 5 minutes; add to it 1 heaping tablespoonful flour, stir and cook 3 minutes; add also 1 pint bouillon or 1 pint

boiling water, with 1 teaspoonful beef extract, ½ even teaspoonful salt, ½ bay leaf, 3 whole cloves, and cook 10 minutes; strain into a clean saucepan, add ¼ teaspoonful paprika and 3 tablespoonfuls cream, boil 4 minutes; strain again, and serve with boiled fish.

Truffle Sauce.—Melt in a small saucepan 1 ounce butter, add 1 tablespoonful fine-chopped onion, the same of carrots, ½ bay leaf, small ½ sprig of thyme, 3 coarsely pounded black peppers, cook 6 minutes; then add ½ tablespoonful flour, stir and cook 3 minutes; add 1 cupful boiling water, ½ teaspoonful beef extract, ½ even teaspoonful salt, cook 10 minutes; then strain, place ½ cup sherry or Madeira wine in a small saucepan over the fire, add 2 tablespoonfuls fine-chopped truffles, reduce by boiling to one half; add it to the sauce, let it boil up, and serve.

Sauce au Salmis.—Put 2 tablespoonfuls fine-cut carrot, the same of raw ham and onion, in a saucepan; add 2 ounces butter; place the saucepan over the fire, cook until light brown; add 1 tablespoonful flour, stir a few minutes; then add 2 pints of broth, ½ pint Madeira wine, some fine-chopped carcasses of birds, prairie chickens, or rabbits, and a bouquet; cover, and cook 45 minutes; strain the sauce into a clean saucepan; if a few livers of prairie chicken or of any kind of birds are on hand, cook them in a little broth, then mash them fine, and add to the sauce; finish with the juice of ½ lemon, and serve.

Sauce Poivrade.—Set a small saucepan with 1 ounce butter over the fire; add 2 tablespoonfuls fine-chopped shallots or onions, the same of boiled ham, cook 5 minutes; then add ½ cupful stock or broth, 3 tablespoonfuls herb vinegar, 6 crushed black peppers, and a small bouquet; cover, and reduce by boiling to one half. In the meantime melt ½ tablespoonful butter in a saucepan, add ½ tablespoonful flour, stir and cook 3 minutes; then add ½ pint boiling water, 1 teaspoonful beef extract, ½ even teaspoonful salt, cook 5 minutes; add the onion, cook a few minutes; then strain and serve.

Sauce Robert.—Cut a medium-sized white onion into small pieces; place it in a saucepan with ½ tablespoonful butter; cook until they obtain a delicate brown color; then add ½ cup bouillon or stock, and cook 10 minutes. Place in another small saucepan ½ tablespoonful butter, add ½ tablespoonful flour; stir a few minutes; add ½ pint boiling water, 1 teaspoonful beef extract, ½ even teaspoonful salt, 4 tablespoonfuls white wine, 1 teaspoonful mushroom essence; cook slowly 6 minutes; then strain; add the onions and 1 teaspoonful English mustard (mixed), or 1 tablespoonful French mustard. This sauce may be served as it is, or strained.

Sauce à la Venaison.—Put in a saucepan 2 cloves, 4 coarsely pounded black peppers, 1 tablespoonful fine-cut onions, ½ bay leaf, ½ cup white vinegar; place the saucepan over the fire; reduce by boiling to one third; then strain; set this essence aside until the following sauce is prepared: Place a saucepan with 1 ounce butter over the fire; add 1 chopped onion, a little carrot, and fine-chopped ham; cook 5 minutes; add 1 tablespoonful flour, stir, and cook 3 minutes; add 1 pint of soup stock, a bouquet, ½ teaspoonful salt, ¼ teaspoonful pepper; cook 10 minutes; add the prepared essence, cook 3 minutes, then strain; add ½ cupful currant jelly and 1 tablespoonful lemon juice. This sauce is served with game; if stock is not handy, take water and beef extract; or prepare a little stock of the remnants of the game.

Chestnut Sauce.—Set a saucepan with 1 ounce butter over the fire; add 1 tablespoonful fine-chopped onion, the same of fine-chopped carrots and celery; cook 5 minutes; add 1 tablespoonful flour, stir, and cook 3 minutes; add 1½ cupful boiling water, 1 teaspoonful beef extract, a small bouquet; season with 1 teaspoonful salt; boil 10 minutes, then strain; at the same time place in a small saucepan 1 tablespoonful fine-chopped shallots; add ½ cup claret; cook 10 minutes; then strain; add it to the sauce; season with ¼ teaspoonful red pepper; boil 6 large chestnuts 20 minutes;

remove the shell and cut the nuts into fine slices; add them to the sauce; boil 5 minutes and serve.

Sauce à la Diable.—Place a saucepan with 2 tablespoonfuls fine-chopped white onion and 1 tablespoonful butter over the fire; add 1 ounce fine-cut boiled ham; cook 5 minutes; add ½ cupful white vinegar, 6 coarsely pounded black peppers, a small bouquet; cover and cook till reduced to one half. Melt 1 tablespoonful butter; add 1 fine-chopped onion, the same of carrot and celery, cook 5 minutes; add 1 tablespoonful flour, stir, and cook 3 minutes; then add 1 pint boiling water, 1 tablespoonful liquid beef extract, 1 even teaspoonful salt, ½ cupful stewed or canned tomatoes, ¼ teaspoonful pepper, and a small bouquet; cook slowly 10 minutes; then strain. Strain also the above essence; mix it with 1 teaspoonful sugar; add to the sauce; return it to the fire; cook 3 minutes; season with a little Cayenne pepper, add a small piece of butter, and serve.

White Chaudfroid Sauce.—Prepare one pint of thick Allemande sauce, remove from fire, add to each pint of sauce ½ pint of aspic; when cold and begins to thicken, dip the articles to be covered in the sauce, lay them in a pan and set on ice till firm, then pour over a little half-set aspic.

Brown Chaudfroid Sauce.—Is prepared with Spanish sauce the same way.

COLD SAUCES.

Remoladen Sauce.—Take a sprig of parsley, a little chervil, tarragon, and 1 shallot; place them into boiling water, to remain therein a minute; then remove them, inclose in a napkin, and press out all the water; add 1 tablespoonful capers, and chop the whole as fine as possible. Put the yolk of 2 hard-boiled eggs into a bowl, rub them fine, and mix with 1 raw yolk; then add slowly $\frac{1}{2}$ cupful olive oil; next add 1 teaspoonful English mustard, 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful white pepper, 4 tablespoonfuls herb vinegar; if not handy, add white vinegar; wash 6 anchovies several times in cold water, free them from skin and bones, and pound fine; add them with the other ingredients to the sauce; mix well and serve. Or mix this sauce with 2 pounds fine-chopped boiled ham and use for sandwiches.

Sauce Tartare.—Stir the yolk of 2 eggs to a cream; add gradually while stirring constantly, drop by drop, $\frac{3}{4}$ cupful oil; then 1 tablespoonful of tarragon vinegar, $\frac{1}{2}$ teaspoonful English mustard, 1 even teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, 1 tablespoonful blanched chopped shallots, 1 tablespoonful fine-chopped capers; $\frac{1}{2}$ gill whipped cream; mix well and serve.

German Tartare Sauce.—Put the yolks of 2 eggs into a bowl; and 1 even teaspoonful salt; $\frac{1}{2}$ teaspoonful English mustard, a little red pepper; stir this 2 minutes; then add drop by drop 6 tablespoonfuls olive oil and 1 tablespoonful white vinegar; next add 1 tablespoonful fine-chopped blanched shallots, 1 tablespoonful fine-chopped capers, 1 teaspoonful fine-chopped parsley, and, if handy, $\frac{1}{2}$ teaspoonful of fine-chopped tarragon and the same of chervil;

add also 1 teaspoonful anchovy essence, 1/4 teaspoonful white pepper; mix all well together; add last 1/2 cup of whipped cream, and serve.

Vinaigretti Sauce.—Put the yolk of 1 hard-boiled egg into a small bowl; rub it fine; add gradually 3 tablespoonfuls oil; then add 2 tablespoonfuls fine-chopped shallots or white onions, 1 even tablespoonful salt, 1 even teaspoonful white pepper, 3 tablespoonfuls white vinegar, and serve.

Herring Sauce.—Soak 1 herring in milk for 12 hours; then remove it; wash and free it from skin and bones; chop the herring meat as fine as possible. Put the yolk of 3 hard-boiled eggs in a bowl, rub them fine; add slowly 3 tablespoonfuls of oil, then 3 to 4 tablespoonfuls vinegar, 1 even teaspoonful salt, 1 even teaspoonful white pepper, 3 tablespoonfuls grated horseradish, and the herring.

Radish Sauce.—Clean and grate 4 black radishes; mix together 2 tablespoonfuls oil, 3 tablespoonfuls vinegar, 1 teaspoonful salt; add the grated radish, and serve with soup meat.

Mint Sauce.—Two hours before serving mix 2 tablespoonfuls fine-chopped mint with 2 tablespoonfuls water, 4 tablespoonfuls vinegar, 1 tablespoonful sugar, 1/2 teaspoonful salt. Serve with roasted lamb. Some prefer boiling the sauce a few minutes.

Chantilly Sauce.—Mix the yolk of 1 hard-boiled egg with 1 raw yolk; add slowly 4 tablespoonfuls olive oil; then add 2 cloves of fine-chopped shallots or a small white onion, 1 tablespoonful fine-chopped capers; season with 1 teaspoonful salt, 1/2 teaspoonful white pepper; chop the hard-boiled white of egg very fine, add it with 3 tablespoonfuls vinegar and 1/2 teaspoonful of sugar to the sauce; when this is well mixed add 3 tablespoonfuls whipped cream, and serve.

Vinaigrette Sauce, with Fine Herbs.—Chop fine an equal portion of chives, parsley, chervil and tarragon, 1/2 cupful in all; put 1 gill of fine salad oil into a bowl; add 1/2 gill of vinegar, 1/2 tea-

spoonful salt, a pinch of Cayenne pepper, stir 3 minutes; add the chopped herbs, and serve.

Benton Sauce.—Mix 1 teaspoonful dry English mustard with 1 teaspoonful sugar, ½ teaspoonful salt; add slowly 4 tablespoonfuls white vinegar and 2 tablespoonfuls grated horseradish. Let it stand several hours, and serve with cold meat.

English Mustard—How to mix.—Put 2 tablespoonfuls mustard into a small bowl; add ½ teaspoonful salt, the same of sugar; moisten with 2 tablespoonfuls white vinegar; when this is well mixed add, drop by drop, 1 tablespoonful olive oil; fill into a mustard cup, cover and let it stand 24 hours, then use.

German Cream Sauce for Lettuce.—Mix ½ pint thick sour cream with ½ tablespoonful of vinegar, a sprinkle of salt, 1 tablespoonful sugar, and serve.

Egg Sauce for Lettuce.—Fry 1 tablespoonful very fine-cut larding pork light brown and crisp; mix it with 2 well-beaten eggs, 2 tablespoonfuls vinegar, a sprinkle of salt, and 1 tablespoonful sugar, and serve.

Cold Game Sauce.—Put the yolk of 3 hard-boiled eggs into a bowl; rub them fine; add slowly, while stirring constantly, 4 tablespoonfuls oil, then add 2 tablespoonfuls French mustard, ½ gill of vinegar, 1 tablespoonful sugar, and 1 tablespoonful juniper berries.

Ravigote Sauce.—Rub the yolks of 3 hard-boiled eggs fine; add slowly, while stirring constantly, 4 tablespoonfuls oil; then 1 even teaspoonful salt, ½ even teaspoonful white pepper, 1 tablespoonful fine-chopped capers, the same of fine-chopped parsley and olives; lastly 2 tablespoonfuls white vinegar and 1 tablespoonful tarragon vinegar.

Sauce à la Maître d'Hôtel.—Mix 1 tablespoonful flour with ½ cup cold water; add the yolks of 2 eggs, 1 even teaspoonful salt; when this is well mixed add slowly 1½ cup boiling water, place the saucepan over the fire, and stir till nearly boiling; then add slowly,

in small pieces, 2 ounces butter, ½ teaspoonful nutmeg, the juice of ½ lemon, and 1 tablespoonful fine-chopped parsley.

Horseradish—How to prepare for the Table.—Add to 1 cupful grated horseradish ½ cup white vinegar, 1 teaspoonful sugar, and ½ teaspoonful salt; mix well together; put it into small glass jars with a cover; let it stand several hours; then serve with roasted meat or cold meats.

Mayonnaise.—Put into a bowl the yolks of 2 eggs; add 1 even teaspoonful salt, stir 3 minutes; then add, drop by drop, 1 cupful olive oil; as it thickens add a few drops of vinegar, about ½ tablespoonful in all, the same of lemon juice, and a little dry mustard. Cayenne pepper and 1 gill whipped cream may be added.

German Mayonnaise.—Put the yolks of 2 eggs in a bowl; add 1 even teaspoonful salt, stir this a few minutes, then add a few drops of olive oil; stir again a few minutes; continue the stirring, adding oil till ½ pint of it has been used; add 1 teaspoonful herb vinegar (if not at hand take white vinegar); stir until the ingredients have formed into a thick smooth sauce. In the meantime mix 1 teaspoonful cornstarch with a little cold water; add ½ cupful boiling water, and place it over the fire; add 1 teaspoonful butter and stir till it boils; then add 2 tablespoonfuls cream, a little salt, and 1 teaspoonful lemon juice; when this is cold add it to the above mayonnaise.

BUTTERS, Etc.

Melted Butter.—Put ½ cup butter into a small saucepan, set the saucepan in a vessel of boiling water over the fire; as soon as the butter is melted, remove the scum, pour the butter slowly into a sauce bowl without the sediment on the bottom.

Black Butter Sauce.—Place a small saucepan with ¼ cup of vinegar, ½ bay leaf, a sprinkle of salt and pepper, over the fire; reduce by boiling to one half; put in a small saucepan 2 ounces of butter, let it melt and get dark brown, then pour it into the vinegar; remove the bay leaf and serve.

Seasoning Butter.—Stir 4 ounces of butter to a cream, add 1 once salt, ¼ ounce pepper; mix well together; then put it into a glass jar, cover closely and set in a cool place; to be used for broiled and fried steaks and chops, also fish.

Maître d'Hôtel Butter.—Put 2 ounces of butter in a small bowl, stir it to a cream; add slowly 2 tablespoonfuls of lemon juice, a few drops at a time, 1 teaspoonful grated nutmeg, and 1 tablespoonful fine-chopped parsley.

Scallion Butter.—One teaspoonful fine-chopped parsley, the same of chives, tarragon, and chervil, 1 fine-chopped shallot, a few drops of spinach green, and 1 fine-minced anchovy without skin or bones; mix all well together with 2 tablespoonfuls butter and press through a sieve.

Horseradish Butter.—Mix 1 tablespoonful grated horseradish with 1 tablespoonful butter and a little Cayenne pepper. When this butter is used for sauce it must not boil.

Crawfish Butter.—Remove the meat from 25 boiled crawfish, dry the shells, put them with 4 ounces of butter into a mortar, and pound fine; place them in a saucepan over the fire, and stir 5 minutes; add 1 pint boiling water, cook 5 minutes; then strain through a napkin into cold water; as soon as the butter is cold and firm, remove from the water, place it in a small saucepan and stir a few minutes over the fire; it is then ready to use. It may be put in a small glass jar and set in a cool place.

Lobster Butter is prepared the same as Crawfish Butter, adding to the dried shells of 2 boiled lobsters 4 ounces butter.

Lobster Coral Butter.—Extract the coral from 1 boiled lobster; pound it in a mortar to a paste; mix with $\frac{1}{4}$ pound butter, and press through a fine sieve. This butter is mostly used for coloring purposes.

Anchovy Butter.—Remove the skin and bones from 12 anchovies, wash and dry them; then mince very fine; mix with 3 ounces butter, and press through a sieve; use for sauces.

Crab Butter.—Made same as Lobster Butter.

Parsley, Fried.—Rinse a handful of fresh parsley in cold water, remove the large stems, and lay the parsley in a napkin to dry; then throw it in a kettle of hot lard, let it fry 1 minute; remove with a skimmer; lay it on blotting paper, sprinkle over some fine salt, and set it in a warm place until ready to serve.

Olives—How to prepare.—Take only fine green olives that are not too salt, cut them open and remove the pits; lay the olives $\frac{1}{2}$ hour in lukewarm water, to remove the salt, then rinse off with cold water, and dry in a napkin; the olives are then ready either to be filled with forcemeat, or may be cut into small pieces, and boiled a few minutes in a sauce. For decorating cold dishes they are generally filled with anchovy butter.

ESSENCES, Etc.

Essence of Mushrooms.—Clean, wash, and chop fine 2 pounds of fresh mushrooms, put them in a saucepan with 1 teaspoonful salt and the juice of 2 lemons; cover the saucepan, let simmer for 5 minutes; then add 1 quart of white stock or broth, boil slowly for 40 minutes. Strain through a napkin, fill the essence into small bottles, cork tightly, and save for further use. The essence is used for soups, sauces, and ragoûts.

Essence of Truffles.—Boil 1 pound fresh truffles with ½ pint claret and 1 pint brown stock 1 hour; then strain through a napkin, fill the essence into small bottles, and use for sauces, soups, and ragoûts.

Essence of Spice.—Mix ½ ounce of ground ginger, the same of cloves and mace, 1 ounce mustard, ½ ounce fine-cut garlic, ½ tablespoonful whole pepper, 1 cupful grated horseradish, 4 bay leaves, 1 tablespoonful salt; take 2 cupfuls shelled walnuts, pour boiling water over them, remove the brown skin, and lay them in a glass jar in alternate layers with the spice, cover with 1 quart of the best white vinegar, screw the cover on tightly, and set the jar in the sun for 2 or 3 weeks; then put the essence through filtering paper, fill into small bottles, and use for sauces or for whatever these spices are used in.

Essence of Anchovies.—Wash in several waters 12 anchovies; put them with ½ cup water, ½ cup white wine in a small saucepan over the fire; add 1 onion, 6 whole peppers, and a small bouquet; stew slowly for 15 minutes; strain through a napkin; fill in a small bottle, and set in a cool place.

Essence of Game.—Place a saucepan with ½ tablespoonful butter over the fire; add 2 tablespoonfuls fine-chopped raw ham, the same of carrots and onions; add a bouquet and 6 whole peppers; over this lay some fine-chopped bones and remnants of any kind of birds, prairie chickens, or rabbits, either cooked or raw; add 1 pint broth or soup stock, ½ pint Madeira wine, cover and boil until the bouillon has boiled away and the bottom of saucepan is covered with a brown gravy; then add sufficient broth to cover, boil 1 hour, strain through a napkin, and use for sauces.

Essence of Fish.—Place 1 sliced onion in a saucepan, add 2 cloves, 6 coarsely crushed peppers, 1 sprig of thyme, the same of marjoram and parsley; over this lay some remnants of raw fish—such as bones, skin, head, etc., or take a whole fish; cover with 1 pint white broth, and cook till it is dry; cover the whole with broth, add ½ pint white wine, and cook 40 minutes; then strain through a napkin. This essence is mostly used in sauces which are to be served with the same fish the essence is made of.

Essence of Poultry.—Chop fine the bones and remnants of ducks, turkeys, or chickens, place them in a saucepan; add 1 pint of white broth, cover and cook till dry, then add sufficient broth to cover all; add a bouquet, 1 onion, 1 leek, cover and cook 2 hours; strain through a napkin, return the liquid to saucepan; reduce it by boiling to one half; remove the fat, fill the essence into small bottles, close tightly, and set in a cool place until wanted.

Fine Herbs.—Chop fine 6 shallots, place them with 1 ounce butter over the fire, cook 3 minutes; then add ½ cupful fine-chopped mushrooms, cook slowly 10 minutes; remove from fire; dip 2 sprigs of parsley in boiling water, instantly remove, chop fine, add 1 tablespoonful of it to the above preparation; season with ½ teaspoonful salt, and the same of grated nutmeg. If not used all at once, put it in a small glass jar, cover with buttered paper, and keep in a cool place.

Essence of Chicken.—May be prepared of carcasses of roast poultry; or reduce by boiling 3 pints of chicken broth to 1 pint.

Seasoning Salt.—Mix together 4 tablespoonfuls salt and 1 tablespoonful white pepper, and use for seasoning.

Herbs Salt.—Take of bay leaves, thyme, sweet basil, and marjoram each $\frac{1}{2}$ ounce, lay them in a pan and dry in a slow oven, with the door open, then grind them fine in a small spice mill; sift through a wire sieve, and mix with 1 tablespoonful salt, $\frac{1}{8}$ teaspoonful ground cloves, $\frac{1}{4}$ teaspoonful allspice, $\frac{1}{4}$ ounce white pepper, $\frac{1}{4}$ teaspoonful ground mace, $\frac{1}{2}$ nutmeg grated; mix all together, put it in a glass jar, close tightly, and use for seasoning.

SEA FOOD, Etc.

OYSTERS.

In Season September 1st to May 1st.

Fried Oysters.—Drain 2 dozen large oysters, and dry them on a napkin; dip them first in flour, then in beaten egg, and cover with bread crumbs; fry in deep fat in a basket.

Oyster Cocktail.—Put 4 to 6 small oysters in a glass; add 1 tablespoonful each of tomato catsup, Worcestershire sauce, lemon juice, and shaved ice; half teaspoonful salt, 2 dashes of Tobasco sauce, and a little horse-radish.

Little Neck clams may be prepared the same way.

Oysters à la Vidricaire.—Place in a chafing dish 1 tablespoonful butter; when melted add 18 medium-sized oysters without their juice, 1 teaspoonful seasoning salt, 1 tablespoonful white wine or lemon juice; cook 6 minutes; mix the yolks of 3 eggs with 1 cupful cream, add it to the oysters, stir until nearly boiling, remove instantly, pour into a deep dish, and serve with crackers or bread and butter.

Fried Oysters with Bacon.—Drain and dry some large oysters on a napkin; wrap each oyster in a thin slice of bacon; fry in deep fat.

Oysters à la Maître d'Hôtel.—Fry the oysters the same as in foregoing recipe, dress them on a hot dish, and spread over some

maître d'hôtel butter. Fried oysters may also be served with tartare sauce.

Oyster Stew with Milk.—Place 1 pint milk over the fire to boil; procure 1 quart of solid fresh oysters, lift them with a fork out their liquor into a saucepan, strain the liquor through a sieve over the oysters; add 1 tablespoonful butter, 3 tablespoonfuls cracker crumbs, 1 even teaspoonful seasoning salt; set over the fire, boil 2 minutes; add the boiled milk and serve with oyster crackers and butter.

Oyster Stew.—Lift 1 quart of oysters out of their liquor with a fork, strain the liquor into a saucepan, add the oysters, 4 tablespoonfuls rolled crackers, ½ even teaspoonful salt, ½ even teaspoonful white pepper, 1 ounce butter, ½ pint cold water; place over the fire, and boil 2 minutes; instantly remove. Put 1 tablespoonful milk in each soup plate, pour in the stew, and serve with oyster crackers and fine-cut raw cabbage. Mustard, vinegar, pepper, salt, and catsup should be placed on the table. This will make 6 small or 4 large plates of stew.

Box Stew.—For a family of six, take 3 dozen large fresh oysters; place the oysters with ½ pint of their strained liquor in a saucepan over the fire; add 1 tablespoonful butter, 1 teaspoonful salt, 1 even teaspoonful white pepper, boil 2 minutes; remove instantly, and serve with fine-shaved cabbage, crackers, and butter.

Cream Stew.—For a family of six, take 3 pints of fresh oysters; transfer the oysters to a saucepan; strain the juice, add it to the oysters; place over the fire, add 1 tablespoonful butter, 1 teaspoonful salt, boil 2 minutes; then draw the saucepan to side of stove. Mix the yolks of 3 eggs with 1 cupful cream, add this slowly to the oysters, set it for a few minutes over the fire; stir till nearly boiling; then remove and serve.

Creamed Oysters on Toast.—Procure 1 pint of solid oysters; take them out of their liquor with a fork; place the oysters in a saucepan over the fire without their liquor; add ½ teaspoonful salt

a pinch of white pepper; let them heat till they begin to boil; remove instantly and set aside; melt ½ tablespoonful butter; add ½ tablespoonful flour; stir and cook 2 minutes; add ½ pint of milk, and cook to a smooth sauce, then add the oysters; let them get hot without boiling, and pour over 4 slices of buttered toast. Creamed oysters may be served in a vol-au-vent or with crescents.

Oysters à la Crême, German Style.—Place 24 large oysters without their juice in a saucepan; add the juice of 1 lemon, 1 ounce butter, ¼ teaspoonful white pepper, 1 even teaspoonful salt; place over the fire and let come to a boil, then draw to side of stove. Melt in another saucepan 2 ounces butter, add 1 tablespoonful flour, stir and cook 3 minutes; add 1 cupful chicken broth, ¼ cupful mushroom liquor; cook 5 minutes; season with a little salt and white pepper. Mix the yolks of 3 eggs with ¾ cupful cream, add it slowly to the sauce, let it get hot without boiling; add the oysters, and serve on a hot dish with a border of fleurons, and serve. In place of lemon juice, ½ cupful Rhine wine may be used.

Oysters à la Newburg.—Place 25 large oysters without their liquor in a saucepan, add 1 tablespoonful butter, 1 gill of white wine, season with 1 even teaspoonful salt and ½ even teaspoonful pepper, cook a few minutes, until the oysters stiffen; then draw them to side of stove. Place in another saucepan 1 gill of fine-cut mushrooms and 1 fine-cut truffle, add ½ ounce butter and ½ gill of mushroom liquor; cook 5 minutes. Mix the yolks of 4 eggs with ½ pint of rich sweet cream, add them to the mushrooms, add the oysters; let it get hot without boiling, and serve with fleurons, finger rolls, or crackers.

Creamed Oysters à la Carey.—Place a saucepan with 18 large oysters, without their liquor, over the fire, add 1 ounce butter, 1 even teaspoonful salt, ½ even teaspoonful white pepper, cook 2 minutes, or until the oysters begin to ruffle; then mix the yolks of 3 eggs with ½ pint of cream; add it to the oysters, stir over the fire till nearly boiling; instantly remove and serve.

Oyster Patties.—Place 18 oysters without their liquor in a saucepan over the fire; add 1 teaspoonful salt, a little pepper and lemon juice; cook till nearly boiling; remove; melt 1 ounce butter, add 1 ounce flour, stir and cook 2 minutes; add ½ pint oyster liquor and the broth from the oysters; cook till smooth; add the oysters, and last the yolks of 2 eggs, mixed with a gill of cream; stir till hot and fill into 6 patty cases.

Oysters—Served Raw.—Wash the oysters well in cold water; have them opened on the deep shell to preserve their liquor; cover the bottom of deep oyster plates with shaved ice, place the oysters on top, and serve; or put a small napkin over the ice and arrange the oysters on the napkin. Another way is to place the oysters for 15 minutes on shaved ice, arrange them without ice on plates, and serve with lemons cut into quarters.

Raw Oysters with Chantilly Sauce.—Mix in a bowl 1 tablespoonful very finely chopped shallots, 1 even teaspoonful salt, ½ even teaspoonful pepper, ½ tablespoonful fine-chopped chives, 1 tablespoonful olive oil, ½ tablespoonful tarragon vinegar, 4 tablespoonfuls white vinegar, and ½ teaspoonful pepper sauce. Serve the oysters on the half shell, pour a little of the sauce over each, or serve the rest in a sauce bowl with the oysters.

Roasted Oysters.—Wash the oysters several times in cold water, lay them on a broiler on a clear, strong fire; as soon as they open take them off; remove one half of the shell, leaving the oyster in the other. Put a small piece of butter over each oyster, and serve, or they can be served with maître d'hôtel butter.

Oyster Frités à la Bearnaise.—Blanch 24 large oysters in their own juice; drain, and put the oysters in a covered dish with 1 teaspoonful seasoning salt, 1 finely sliced onion, the juice of 1 lemon, ½ bunch of parsley, cover, and let them marinate 1 hour. Shortly before serving mix the yolks of 2 eggs with ½ cup milk, 1 teaspoonful butter, ¼ teaspoonful salt, the same of pepper, 2 table-

spoonfuls flour, and the beaten whites; wipe the oysters dry, dust with flour, dip in the batter, and fry in boiling fat to a delicate brown. Pour ½ pint Bearnaise sauce on a warm dish, dress the oysters over it, and serve with French bread and butter.

Oysters en Brochette.—Place 2 dozen oysters in a saucepan; add 1 cup of their liquor, 1 teaspoonful seasoning salt, boil 1 minute; then drain; inclose each oyster in a thin slice of bacon; take 6 skewers, put 4 oysters on each, brush over with a little melted butter; lay the skewers on a double broiler, and broil 2 minutes on each side; dress on a warm dish, spread over 1 ounce maître d'hôtel butter, garnish with parsley, and serve with French bread.

Oyster Purée on Toast.—Place 12 large oysters with their liquor in a saucepan over the fire; when beginning to boil take the oysters out of their liquor, and chop them fine. Melt in another saucepan 1 ounce butter, add ½ tablespoonful flour, stir and cook 3 minutes; add ¾ cupful cream or milk, ½ teaspoonful salt, ¼ teaspoonful white pepper, boil 2 minutes, add the oysters; cook a few minutes longer; then pour over buttered toast, and serve.

Oyster Rolls.—Put 18 large oysters in a saucepan, strain the liquor over them, and place over the fire; as soon as boiling remove, drain the oysters in a sieve, and cut each into 4 pieces. Melt 1 tablespoonful butter in a saucepan, add ½ tablespoonful flour, stir 3 minutes without browning; add 1 cupful of the oyster liquor, ½ cupful fine-chopped mushrooms, 1 small bouquet, 1 even teaspoonful salt, ½ even teaspoonful white pepper, ¼ teaspoonful nutmeg, boil 5 minutes; remove the bouquet and add the oysters; cook 2 minutes. Mix the yolks of 2 eggs with ½ cupful cream, and add to the saucepan, stir until nearly boiling, then add 1 tablespoonful lemon juice. In the meantime cut the tops from 6 French rolls to remove the crumbs; brush the inside and outside over with butter, set the rolls with the tops on a baking sheet in a hot oven; bake light brown and crisp; fill the rolls with oysters, put on the covers, and serve on a folded napkin.

Oysters à l'Italienne.—Place 2 handfuls of well-washed spinach in a saucepan, cover with boiling water, add a little salt, and boil 10 minutes; then drain; press out all the water, and chop the spinach fine. Fry 2 tablespoonfuls fine-chopped onions in 1 ounce butter and 1 bruised clove of garlic 5 minutes without browning; add ½ cupful of the chopped spinach, 12 fine-chopped oysters, 1 teaspoonful salt, ½ teaspoonful pepper, 2 tablespoonfuls cream, stir and cook 5 minutes; then remove from the fire, and add the yolk of 1 egg and 1 whole egg. Blanch 12 large oysters in their own liquor; have ready 6 shells, put 2 oysters in each, cover with the preparation in saucepan, sprinkle over little grated bread crumbs and melted butter, and bake 15 minutes in a hot oven. Serve on a folded napkin.

Broiled Oysters.—For a family of six, take 3 dozen large oysters, dry on a soft towel, dip in melted butter, and roll in cracker dust; lay on a broiler and broil over clear fire 2 minutes on each side; sprinkle over ½ teaspoonful salt. Dress the oysters on a warm dish, garnish with fried parsley and cut lemons, serve with French bread and butter.

Oyster Salad.—See my book Desserts and Salads, recipe 908.

Oysters à la Normandie.—Place 1 pint of oysters, without their liquor, in a saucepan over the fire; add 1 teaspoonful butter, the juice of 1 lemon, 1 even teaspoonful seasoning salt, let simmer 3 minutes; then remove from fire. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir 2 minutes; add 1 cupful chicken broth, 1 cupful oyster liquor, and 3 tablespoonfuls mushroom liquor, a small bouquet, cook 5 minutes; then remove the bouquet; add ½ teaspoonful beef extract, ½ even teaspoonful seasoning salt; mix the yolks of 2 eggs with 1 tablespoonful lemon juice, add it slowly to the sauce; add last 2 tablespoonfuls cream and the oysters; let them get hot, and pour over 6 slices of toast.

Pickled Oysters.—Procure 1 hundred large oysters; place them with their liquor over the fire, let come to a boil, then remove

with a skimmer, and immediately lay the oysters in a pan with cracked ice. Put 1 pint of the oyster liquor in a saucepan; add 1 pint of vinegar, 6 whole cloves, and 1 teaspoonful whole peppers, 2 blades of mace, and 1 even tablespoonful salt; set over the fire, and boil 5 minutes; remove, and when cold, place the oysters in a stone jar; pour over the liquor, add 1 fine-sliced lemon without the pits; cover the jar, and keep in a cool place.

Oyster Dumplings.—Put 18 large oysters in a saucepan, add ½ tablespoonful butter, 1 even teaspoonful salt, ½ even teaspoonful white pepper, the juice of ½ lemon, set over the fire; when beginning to boil, remove from fire and set aside to cool. Roll out very thin 4 ounces puff paste or rich pie crust, cut it into 6 square pieces, lay 3 oysters in the center of each square, brush the corners over with beaten egg, inclose the oysters in the paste, and press the 4 corners together; rinse a tin pan with cold water, place the dumplings into it, brush over with beaten egg, and bake light brown in a hot oven. In the meantime melt 1 tablespoonful butter, add 1 tablespoonful flour, stir 3 minutes; add 1 cupful oyster liquor and 1 cupful cream or milk, ½ even teaspoonful salt, ¼ teaspoonful white pepper, and the broth in which the oysters were cooked; boil 5 minutes, then strain, and serve with the dumplings.

Oyster Croquettes.—Place 20 large oysters with their liquor in a saucepan over the fire; let come to a boil; remove, and when cold chop fine. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook a few minutes; add 1 cupful oyster liquor, cook 5 minutes; add the chopped oysters, 1 even teaspoonful salt, ½ teaspoonful white pepper, ½ teaspoonful English mustard, stir for a few minutes over the fire; add 1 tablespoonful fine-chopped parsley, stir a few minutes; then add the yolks of 3 eggs, turn the preparation on to a flat dish, and set in a cool place. When cold, form the mixture into cork-shaped croquettes, dip them in beaten egg, and roll in fresh grated bread crumbs. Place a frying pan over the fire, with ½ tablespoonful lard, ½ tablespoonful butter

(or fry in hot fat); when hot put in as many croquettes as will conveniently go in; fry light brown on both sides. Serve with either béchamel, Tartar, or tomato sauce, or with sauce á l'allemande.

Oyster Chops.—Form the above mixture into chops, and finish the same as croquettes.

Oyster Farci.—Prepare 6 ounces of chicken forcemeat; place 18 large oysters in a saucepan over the fire; add the juice of ½ lemon, 1 teaspoonful seasoning salt, 1 ounce butter, ½ cup of their own juice; let come slowly to a boil; remove; when cold, drain and dry on a napkin. Spread the chicken forcemeat over both sides of the oysters, dip each in beaten egg, roll in fresh grated bread crumbs, and fry in hot fat to a fine color. Arrange the oysters nicely on a warm dish, garnish with fried parsley, and serve.

Oyster Ragoût.—Put 12 large oysters in a saucepan over the fire; add the juice of ½ lemon, ½ tablespoonful butter, a little salt and white pepper, and cook a few minutes till the oysters ruffle. Melt in another saucepan 1 tablespoonful butter, add 1 tablespoonful flour, stir 3 minutes, add 1 cupful white broth, ½ cupful oyster liquor, ½ cupful canned mushrooms and a little of their liquor, ½ even teaspoonful salt, ¼ teaspoonful pepper, cook 10 minutes. Mix the yolks of 2 eggs with ¼ cupful cream, add it to the saucepan, add the oysters, let it remain over the fire till nearly boiling, then remove. Have in the meantime 12 fish balls or chicken forcemeat balls, prepared and boiled, add them to the ragoût, and serve.

Oysters à la Villeroi.—Place 18 large oysters in a saucepan over the fire; add the juice of 1 lemon, 1 teaspoonful seasoning salt, 1 ounce butter, and ½ cup of their juice; when beginning to boil, remove from fire, and drain. Prepare a thick Villeroi sauce, cover each oyster with the sauce, lay on a buttered tin pan, and set for 1 hour on ice. Dip the oysters in beaten egg and roll in bread crumbs, fry in hot fat to a delicate brown. These oysters are mostly used for garnishing.

Oysters with Celery.—Place 1 pint fine-cut table celery in a saucepan over the fire, cover with boiling water; add 1 even teaspoonful salt, and boil till tender. Put 12 oysters with 1 cupful of their liquor in a saucepan; add ½ even teaspoonful salt, or a little white pepper, boil 2 minutes; mix ½ tablespoonful cornstarch with ½ tablespoonful butter, add it to the oysters; drain the celery, add it also to the oysters, boil 2 minutes; add 2 tablespoonfuls cream or unsweetened condensed milk; then pour over 6 slices buttered toast, and serve.

Oyster Pie.—Take an earthen dish which holds 3 pints and line the sides with rich pie crust; lift 1 quart of large oysters with a fork out of their liquor, lay them in layers in the dish; sprinkle between 1 even teaspoonful salt, ½ teaspoonful pepper, and lay ½ tablespoonful butter in small bits over the oysters; cover with the same crust and cut an opening in the center of top crust; then place in oven to bake. In the meantime melt 1 tablespoonful butter, add 1 tablespoonful flour, cook for a few minutes; then add the strained oyster liquor and ½ cupful water, cook 2 minutes; season with 1 even teaspoonful salt, ½ even teaspoonful white pepper, and add 1 cup cream or milk; when the pie is nearly done, put a funnel in the center opening, and pour in as much of the sauce as the pie will hold, return to oven and bake 10 minutes longer; if there is any sauce left, serve it with the pie. Another way is to boil 3 potatoes until done, then cut in slices, and put in alternate layers in the dish with the oysters.

CLAMS.

Clams on Half-shell.—Clams to be sweet and fresh should be well washed in cold water, kept as cold as possible, and not opened until shortly before serving. Have deep oyster plates covered with fine-shaved ice, the clams on half-shells, place them in the ice (allowing 6 to 8 clams for each plate) with a quarter of a lemon, and serve. Another way is to cover the ice with a small napkin and dress the clams over it.

Roasted Clams.—Wash the clams in cold water and lay them on a broiler over a clear, strong fire; as soon as they open take them from the broiler, remove the upper half-shell, leaving the clam in the remaining half; pour a few drops of melted butter over each one, and serve.

Clams à la Maryland.—Procure 18 fresh soft-shell clams, lift them with a fork out of their liquor; melt 1 ounce butter in a saucepan; add 2 tablespoonfuls fine-chopped onion, fry 5 minutes without browning; then add the clams, cover and cook 6 minutes; season with ¼ teaspoonful pepper; mix the yolks of 2 eggs with ½ cupful cream, add it to the clams, toss for a few minutes over the fire without boiling, then serve.

Fried Soft-shell Clams.—Procure freshly opened soft-shell clams, remove them with a fork out of their liquor on to a soft towel, and after drying lay the clams on a dish, dust over with flour; then take each one separately on a fork, dip first in beaten egg, then roll in cracker dust, lay them thus prepared on a clean board for 30 minutes to dry. Place a frying pan with 1 ounce pure lard and 1 ounce butter over the fire; as soon as melted put in as many clams as will conveniently go in; fry light brown, first on one side then on the other; fry the remainder the same way, using more lard and butter if necessary. Arrange them nicely on a hot dish, and serve with biscuits and butter or buttered toast. In place of lard or butter, beef fat or larding pork may be used.

Soft-shell Clams Fried in Batter.—Procure 1 dozen soft-shell clams, drain and dry on a towel. Mix the yolks of 2 eggs with ½ cupful clam liquor, 2 heaping tablespoonfuls flour, 1 teaspoonful melted butter, beat this with a spoon for 3 minutes; then add the 2 whites beaten to a stiff froth, take each clam on a fork, dip into the batter, and drop into boiling fat; fry light brown like crullers till done.

Devilled Clams.—Melt 1 ounce butter in a saucepan, add 2 tablespoonfuls fine-chopped onion, cook 3 minutes; add ½ cupful

fine-chopped mushrooms, cook 5 minutes; add 1 heaping tablespoonful flour, stir 2 minutes; add ½ pint clam liquor, stir and cook till smooth; then add 12 fine-chopped clams, ½ even teaspoonful pepper, stir and cook 6 minutes; remove from fire. Mix the yolks of 2 eggs with ½ cupful cream, add it to the clams, fill this preparation into 6 well-cleaned clam shells, sprinkle over some fresh grated bread crumbs and a little melted butter, and bake to a fine color in a hot oven. (If liked, 1 clove of bruised garlic may be added with the onion.)

Clams à la Newport.—Scald 18 fresh soft-shell clams in their liquor, then drain; remove the hard part. Place the clams in a saucepan with 2 ounces butter, the juice of ½ lemon, ½ even teaspoonful pepper, toss for a few minutes over the fire. Mix the yolks of 2 eggs with ½ cupful cream, add to the clams and let remain for a few minutes over the fire. Serve on a warm dish; garnish with croûtons or toasted bread.

Hot Clam Pepper Roast.—Melt 1 ounce butter in a saucepan; add 2 tablespoonfuls fine-chopped onion, 1 fine-chopped green pepper, small clove of bruised garlic, cook 5 minutes without browning; then add ½ cupful clam juice, ½ teaspoonful beef extract, ½ even teaspoonful salt, ½ even teaspoonful pepper. Remove the soft bodies from 12 fresh-opened soft-shell clams, chop the hard parts fine and add it with the bodies to the saucepan; cook 5 minutes. Lay 6 slices of buttered toast on a hot plate; pour the clam mixture over them, and serve very hot.

Clams Brooklynaise.—Procure 2 dozen freshly opened Little Neck clams, drain them in a sieve. Melt 1 ounce butter in a saucepan, add 2 tablespoonfuls fine-chopped white onions, cook till the onions are done without browning; then add ½ tablespoonful flour, stir and cook 2 minutes; add 1 cupful boiling water, ½ teaspoonful beef extract, 1 even teaspoonful salt, ½ even teaspoonful white pepper, stir until smooth, then add the clams, cook slowly 6 minutes;

add the juice of ½ lemon, stir well; add last ¼ cupful cream, and serve with fleurons.

Steamed Clams.—Wash the clams several times in cold water, place them with a little water in a saucepan over the fire, cover and cook till they open; then remove; take them out of their shells, put in a saucepan, add to 2 dozen clams 1 tablespoonful butter and ¼ teaspoonful white pepper; toss for a few moments over the fire, and serve.

Clam à l'Espagnole.—Put 1 fine-chopped onion in a saucepan over the fire; add 1 ounce butter or oil, 1 fine-chopped green pepper, 1 bruised clove of garlic, cook 3 minutes; add ½ cupful fine-chopped mushrooms, cook 5 minutes; add 2 fine-cut tomatoes, cover, and simmer slowly 8 minutes. In the meantime place a small saucepan with ½ tablespoonful butter over the fire, add ½ tablespoonful flour, stir 2 minutes; add ½ cupful boiling water, ½ cupful clam liquor, 1 teaspoonful beef extract, cook 5 minutes; add this sauce to the contents in saucepan, season with 1 teaspoonful salt, ¼ teaspoonful pepper. Boil 1½ dozen soft-shell clams in their liquor 3 minutes; then drain; remove the hard parts and add the soft bodies to the saucepan, cook a few minutes; serve in a border of rice *à la créole.* Boil ½ pound rice 10 minutes in water; drain and spread it for 1 hour on a towel to dry; fry 1 fine-chopped onion in 1 ounce butter 5 minutes, add the rice, stir 3 minutes; then add 1½ pint of water, 1 even teaspoonful salt, cover and cook in a double boiler till the rice is done; turn it on to a long dish, add 1 ounce butter in small pieces, and mix it with 2 forks. Pour the clams in the center of an oblong dish and lay the rice around the clams.

Clam Pie.—Take 1 quart of clams out of their liquor with a fork, cut off and chop the hard part fine, set the soft part aside; put the chopped clams in a saucepan with 2 cupfuls of the strained clam liquor and 1 cup of water; let it come to a boil. Mix 1 tablespoonful butter with 1 tablespoonful cornstarch; add it to the con-

tents of saucepan, boil 5 minutes, and set aside to keep warm. Line the sides of a 3-pint pie dish with pie crust, sprinkle over the bottom 1 tablespoonful powdered cracker; then put in half of the clams, and on them a layer of fine-sliced parboiled potatoes, little fine-minced onion, some pepper, a few small pieces of butter, 2 tablespoonfuls of the above sauce, and a spoonful powdered cracker. Put in the remaining clams and a layer of sliced potatoes, onion, butter, pepper, some of the sauce, and a spoonful powdered cracker, cover with pie crust with an opening cut into the center. Place the pie in a medium hot oven, and after 15 minutes' baking, draw the dish toward the front of oven, place a funnel in the opening of top crust, and pour half of the sauce into the pie. Set it back in the oven and bake till done, which will take about 1 hour. Shortly before serving pour some more sauce into the pie, put the rest in a sauce bowl, and serve with the pie.

Clam Croquettes.—Place 20 clams with their liquor in a saucepan over the fire; as soon as boiling remove, drain on a sieve, and chop fine. Melt 1 ounce butter in a saucepan, add 2 tablespoonfuls fine-chopped onions, cook 5 minutes without browning; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1 cupful clam liquor, ½ teaspoonful white pepper, ½ teaspoonful dry mustard, cook 3 minutes; add the fine-chopped clams and 1 teaspoonful fine-chopped parsley, stir and cook 5 minutes; add the yolks of 3 eggs, mix well; then turn the mixture on a flat dish, and set aside to cool. When ready to cook form the clam preparation into cork-shaped croquettes, dip them into beaten egg, and roll in fresh grated bread crumbs, fry them light brown in half lard and butter, or in hot fat.

Clam Chops.—Form the above mixture into small chops, dip them in beaten egg, cover with grated bread crumbs, and fry light brown. Serve with tomato sauce à l'allemande.

Clam Patties.—Chop 1 pint of clams fine, strain their liquor, and put ½ cup of the liquor in a saucepan over the fire; as soon as

it boils add the clams, boil 10 minutes. Mix 1 tablespoonful butter with 1 teaspoonful cornstarch; add it to the clams with ½ cup boiling milk, and season with ¼ teaspoonful white pepper; then fill the preparation into hot patty cases, and serve.

Clams, Pickled.—Take 100 hard-shell clams, 1 pint vinegar, 4 blades of mace, 10 whole cloves, 1 dozen whole black peppers, 1 lemon. Place the clams, thoroughly washed, in a kettle with ½ pint of water over the fire, cover tightly, and steam until they open. Remove the kettle from the fire, take the clams out of their shells, put them in a stone jar, or in glass jars, leaving sufficient room for the pickle. Strain 1 pint of the clam liquor, put it in saucepan with 1 pint vinegar and the spices, boil 5 minutes; pour it over the clams, cut the lemon into slices, remove the pits, and add it to the clams. Cover the jar, and put away in a cool place.

Purée of Clams.—Take 1 pint of hard-shell clams with their liquor, 1 tablespoonful butter, ½ cupful cream or milk, ½ tablespoonful cornstarch, ½ teaspoonful white pepper. Boil the clams in their liquor 2 minutes; remove with a fork, and chop fine. Place a saucepan with the butter over the fire, add the flour, stir and cook 2 minutes; strain the clam broth; add 1 cupful broth to the saucepan, cook 2 minutes; add the chopped clams and pepper, cook 10 minutes; add last the cream or ½ cupful boiling milk. Lay 6 slices of buttered toast on a hot dish, pour the clam purée over it, and serve.

Clam Fritters.—Mix 12 large fine-chopped clams with ½ pint flour, 3 or 4 tablespoonfuls clam liquor, 2 eggs, ½ ounce melted butter, 1 teaspoonful baking-powder, and a little pepper; drop with a tablespoonful small portions into hot fat, and fry like crullers. Or mix all the ingredients together with the yolks of 2 eggs; beat the whites stiff, add them last; add little more clam liquor; bake in a frying-pan like small pancakes.

MUSSELS.

Mussels—How to prepare.—Scrape and wash 2 dozen mussels several times in cold water; place in a saucepan, add 1 pint cold water, set over the fire, and boil until they open; then remove, cut off the black part with a pair of scissors; put in a clean saucepan, strain over the liquor; they are then ready to use.

Mussels à la Britannia.—Prepare 1½ dozen mussels as in foregoing recipe; place a small saucepan with 1 fine-chopped onion and ½ cup white wine over the fire; add 1 tablespoonful tarragon vinegar, boil down to one half, remove, and, when nearly cold, add the yolks of 3 eggs and 2 ounces butter in small pieces; set the saucepan in hot water and stir till thick, seasoning with little salt, the juice of 1 lemon, 1 teaspoonful fine-chopped parsley, and 1 teaspoonful fine-minced shallots; take the mussels out of their liquor, put in a hot dish, pour the sauce over, and serve.

Mussels à la Marinière.—Prepare 18 mussels as previously directed; place a saucepan with 1 ounce butter over the fire, add 1 fine-chopped onion, cook 5 minutes; add 1 tablespoonful flour, stir 5 minutes; add ½ cupful mussel broth, 1 cupful white wine, season with 1 even teaspoonful seasoning salt, boil 5 minutes; add 1 tablespoonful butter in small pieces, 1 teaspoonful chopped parsley and the mussels, then serve.

Mussel Farci.—Prepare 18 mussels, cut them into small pieces; fry 1 fine-chopped onion in 1 ounce butter, add 1 bruised clove of garlic, cook 5 minutes; then add 1 tablespoonful flour, stir 3 minutes; add ½ cupful mussel broth, ½ cupful cream, stir and cook till smooth; then add the mussels, season with salt and pepper; add the yolks of 2 eggs; fill this preparation in some clean mussel shells, sprinkle over some bread crumbs, and bake in hot oven till brown. Serve on a napkin.

Mussels à la Villeroi.—Prepared the same as Oysters Villeroi.

Mussels à la Normandie.—Prepare 18 mussels the same as Mussel Farci; place a saucepan with 1 fine-cut onion over the fire, add 1 ounce butter, cook 5 minutes; add 1 tablespoonful flour, stir 3 minutes; then add ½ cupful mussel broth, ½ cupful mushroom liquor, 1 cupful boiling water with 1 teaspoonful beef extract, 1 even teaspoonful seasoning salt, and a small bouquet; boil 5 minutes; then strain the sauce into a clean saucepan; mix the yolks of 2 eggs with the juice of ½ lemon, add it to the sauce, also the mussels; return for a few minutes to the fire, heat without boiling, and pour over 6 slices of buttered toast. (If mushrooms are not at hand, take 1 cup of the mussel broth in place of a half cup.)

Mussels, Pickled.—Wash 100 mussels thoroughly clean, put them into a large kettle with 1 pint of water, cover tightly, and boil till the shells open; take them with a knife from their shells and put into glass jars. Prepare a pickle of 1 pint vinegar, ½ pint water, 1 tablespoonful whole peppers, 6 whole cloves, 2 blades of mace, ½ tablespoonful salt, and 2 or 3 small red peppers; boil this a few minutes, and set aside to cool. Add to the mussels in jars some slices of lemon without pits, pour the cold pickle over; cover tightly and set in a cool place.

SHRIMPS.

Boiled Shrimps.—Put the shrimps alive in the boiling salt water, allowing ¼ pound salt to a gallon of water; boil from 5 to 8 minutes. When they change color they are done. Serve them with vinegar and oil.

Shrimps with Mayonnaise.—Extract the meat from the boiled shrimps, mix with lemon juice, and set aside. Shortly before serving, put on a salad dish and dress the shrimps with mayonnaise, hard-boiled eggs, and lettuce. For Shrimp Salad, see my book Desserts and Salads, recipe 905.

LOBSTER.

In Season the Year Round.

Lobster—Where found, etc.—Lobster is a well-known marine crustacean of the order *Decapoda*, and genus *Homarus*. They come inshore from deep water during the months of March, April, and May, according to locality, and depart as irregularly in the autumn. There is only one species in our waters, found northward from the coast of New York, the best being on the rocky shores of New England north of Cape Cod. They are common in our markets, especially in spring and summer, and are considered a great delicacy, though the meat is rather indigestible. No part is poisonous, though the cartilaginous stomach, or the lady, is so tough that no one would think of eating it.

Lobster—How to choose.—These are chosen more by weight than by size; the heaviest are best. A good small-sized one will not infrequently be found to weigh as heavily as one much larger. (If fresh, a lobster will be lively, and the claws have a strong motion when the eyes are pressed with the finger.) The male is best for boiling; the flesh is firmer, and the shell a brighter red; it may be readily distinguished from the female. The tail is narrower, and the two uppermost fins within the tail are stiff and hard. Those of the hen lobster are not so, and the tail is broader. Hen lobsters are preferred for sauce or salad on account of their coral. The head and small claws are never used.

Lobster au Naturel.—Buy the lobsters alive and choose those that are heavy and full of motion, which is the indication of their freshness, medium-sized lobsters being the best. Have ready a vessel of boiling salt water, allowing for each gallon of water 2 tablespoonfuls salt, and plunge the lobster headforemost into it, boiling from 25 to 45 minutes as the size demands (a 2-pound lobster will be done in 25 minutes). When done take the lobster out with a skimmer, rub all over with a little butter to make the shell nice and

glazy; cut the lobster first lengthwise in two pieces, using a knife and a hammer, and then cut each half again in two pieces; remove the small vein running through the back of tail. Break off the claws, open them on the under side, take out the meat, the green part or fat, and coral; then remove the stomach, which, generally called the lady, is found under the head, and must be thrown away; the lady, the vein, and the spongy fingers between the body and shell are the only parts not eatable. Put the whole lobster together again into its natural form, serve on a dish garnished with cut lemon and parsley, and serve with melted butter. Cold lobster is served with rémolade or with mayonnaise.

Lobster, Broiled.—Split a medium-sized lobster in half, take out the lady, the vein, and the spongy fingers and throw them away; then brush the two halves over with melted butter, season with ½ even teaspoonful salt and a little pepper, lay them between a wire gridiron, and broil 8 minutes on both sides. Place them on a hot dish and serve with maître d'hôtel butter.

Lobster à la Crême.—Drop a 2-pound live lobster into boiling water, add 1 tablespoonful salt, and boil 25 minutes; then take out of the water, and when cold split the lobster, extract all the meat, and cut it into pieces; place it in a saucepan over the fire, add ½ tablespoonful butter, 1 even teaspoonful salt, stirring a few minutes; then add 1 cupful cream and cook 5 minutes; next mix the yolks of 3 eggs with ½ cupful cream, and removing the saucepan to side of stove, add gradually the yolks; mix well and serve in the shell of the lobster, or serve it on a dish garnished with fleurons or croûtons. Creamed lobster is also used for lobster patties.

Lobster à la Newburg.—Place a saucepan with 1 pint of fine-cut cooked lobster meat over the fire, add 1 ounce butter, season with 1 even teaspoonful salt, a pinch of red pepper, 2 tablespoonfuls fine-cut truffles; stir 3 minutes, then add 4 tablespoonfuls Madeira or sherry wine, cook 6 minutes; mix the yolks of 2 eggs with ½

cupful cream and add to the lobster, stirring a few minutes and not letting it boil again. Then serve.

Lobster à la Citizen.—Extract the meat from 2 freshly boiled lobsters of 2 pounds each, and cut it into small pieces; place a saucepan over the fire with 2 ounces butter, and as soon as melted add 6 fine-cut button mushrooms, cooking 3 minutes without browning; then add the lobster meat, 1 even tablespoonful salt, $\frac{1}{8}$ of a teaspoonful red pepper, 3 tablespoonfuls fine-cut truffles, $\frac{1}{2}$ pint of sherry wine, and cook 8 minutes; mix $1\frac{1}{2}$ cupful rich cream with the yolks of 4 eggs, add it to the lobster; mix well and let it remain for few minutes over the fire, not allowing it to boil. Serve in a hot dish and garnish with a border of fleurons.

Lobster Ragoût.—Drop a 2-pound live lobster into boiling water, add 1 tablespoonful salt, cook 25 minutes; then lift from the water and when cool enough to handle break open the shell, extract the meat, and cut it into small pieces. Place a saucepan with 1 ounce butter over the fire, add 1 tablespoonful flour, stir and cook 2 minutes; add 1 pint boiling milk, $\frac{1}{4}$ teaspoonful nutmeg, 1 even teaspoonful salt, a bouquet, $\frac{1}{2}$ cup of mushroom liquor, and 6 whole peppers, cooking 6 minutes; then strain through a sieve, return sauce to saucepan, add the lobster meat and 12 small button mushrooms, and cook 10 minutes. In the meantime rub the yolks of 4 hard-boiled eggs fine, add a little of the lobster coral, $\frac{1}{2}$ teaspoonful melted butter, and 1 raw yolk; form into small balls the size of a marble, roll in flour, drop into boiling salted water, and cook 6 minutes. Arrange the lobster on a hot dish, lay the egg balls around it, and garnish with fleurons or serve in a vol-au-vent.

Coquilles of Lobster.—Place a saucepan with 1 tablespoonful butter over the fire, add 2 tablespoonfuls finely chopped white onion, cook 5 minutes; then add 1 pint of fine-cut boiled lobster meat, 3 tablespoonfuls sherry wine, 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, a little nutmeg, and 1 cupful of the sauce described be-

low, cooking 10 minutes; fill this mixture into 6 table shells, pour a little of the sauce over each one, bake 10 minutes in hot oven, and serve in a folded napkin. Sauce: Melt 1 ounce butter, add 1 tablespoonful flour, stir, and cook 3 minutes, not letting it brown; add 1 cupful veal or chicken broth, a small bouquet, 6 whole peppers, ½ teaspoonful salt, little nutmeg, also, if handy, 6 chopped mushrooms and a little mushroom liquor, and cook 10 minutes; remove the bouquet and use as directed above.

Devilled Lobster.—Place a saucepan with 1 ounce butter and 1 fine-chopped onion over the fire, cook 3 minutes; add ½ cupful fine-chopped mushrooms, cook 5 minutes; add 1 tablespoonful flour, stir 3 minutes; add ½ cupful white broth, 1 teaspoonful salt, ¼ teaspoonful white pepper, a sprinkle of Cayenne pepper, 1 pint of fine-cut cooked lobster meat, stir and cook 5 minutes; then add 1 tablespoonful fine-chopped parsley, the yolks of 2 eggs; fill this preparation into 6 table shells, sprinkle over a little fresh-grated bread crumbs and melted butter, bake in a hot oven 10 minutes, and serve in a napkin.

Lobster Patties.—Prepare a creamed lobster and fill it, when ready to serve, into hot patty cases.

Lobster Chops.—Melt 1 tablespoonful butter in a small saucepan, add 1 fine-chopped onion and 1 crushed clove of garlic, and cook till onion is done; then add 1 tablespoonful flour, stir a few minutes; add 1 cup of boiling water with 1 teaspoonful beef extract; season with ½ teaspoonful of each, salt, English mustard and pepper, 1 teaspoonful fine-chopped parsley, and a little Cayenne pepper; cook and stir 5 minutes; add 1 pint finely cut cooked lobster meat and ½ cupful fine-cut mushrooms, and cook 10 minutes, stirring often; next add the yolks of 2 eggs and 1 whole egg, stir for 2 minutes over the fire; then spread the mixture on a flat dish, set it aside, and when cold form the preparation into round balls, roll in bread crumbs, dip in beaten egg, and roll again in bread crumbs; form into small chops, and fry in hot fat or lard to a

golden color. Drain them on blotting paper, put a lobster claw into each chop, and serve with fried parsley and Tartar sauce.

Lobster en Vol-au-vent.—Melt 1 tablespoonful butter in a saucepan, add 1 heaping tablespoonful flour, stir and fry a few minutes without browning; add 1½ cupful boiling milk, stirring until smooth; then add a small bouquet, 6 whole peppers; season with a little grated nutmeg, 1 even teaspoonful salt, ½ cupful mushroom liquor, cook 10 minutes; strain into another saucepan, return the sauce to fire; add 12 small button mushrooms, cook slowly 15 minutes; add 1 pint cooked lobster meat, cut into inch-sized pieces, cook 5 minutes; then add ½ cupful cream and the yolks of 2 eggs, letting it get hot, but not allowing to boil; add 12 small boiled sponge dumplings (described below), pour the ragoût into the vol-au-vent, cover, and serve.

Sponge Dumplings.—Place ½ cup milk, 1 ounce butter over the fire, and as soon as boiling add ½ cupful flour, stirring until it forms into a smooth paste; then turn the paste into a bowl, add the yolks of 2 eggs and the beaten whites, a little salt, and a very little nutmeg, stirring until smooth. Make a trial by dropping a small portion with a teaspoon into slightly salted boiling water; if not firm enough, add a little dry farina; drop the whole mixture by teaspoonfuls into the boiling water, cook 5 minutes, removing with a skimmer, and use as directed above.

Lobster Croquettes.—Place 2 tablespoonfuls fine-chopped onion, a little bruised garlic, and 1 tablespoonful butter in a saucepan over the fire, and cook 6 minutes without browning; then add 1 heaping tablespoonful flour, stir 2 minutes; add 1 cup of chicken or veal broth, cook and stir till thick and smooth; add 1 even teaspoonful salt, ½ even teaspoonful pepper, a little Cayenne pepper, 1 even teaspoonful English mustard, 1 teaspoonful fine-chopped parsley, ½ cupful fine-chopped mushrooms, and 1 pint fine-chopped lobster meat; stir and cook 10 minutes; then add 1 whole egg and the yolks of 2. Mix well, spread the mixture in a shallow

tin pan, and set aside. When cold form the mixture into croquettes; dip in beaten egg, cover with bread crumbs, and fry in boiling lard or in half butter and half lard, and serve with cream or béchamel sauce.

CRABS.

Crab, Boiled.—Buy the crabs alive, and let them lie in cold water until their bath is prepared. Place a kettle with salt water over the fire, allowing 2 tablespoonfuls salt to 1 gallon of water, and as soon as boiling put in the crabs, taking one at a time on a shovel, or take hold of them with a pair of tongs, for if the crabs are large they will bite and any one not used to handling them might be badly hurt. The water should be boiling while the crabs are put in, and too many should not be boiled together. A good plan is to put a red-hot poker into the water after some have been put in. As soon as the crabs have assumed a fine-red color take them out with a skimmer, put in a large pan or dish, and let cool off. In extracting the meat, remove the upper shell from the under, pull off the feathery parts from the sides, and remove the greenish substance. These are the only portions that are uneatable; pick out all meat, crack the claws, pick the meat also from them, and use as directed in following recipe.

Crab Ragoût, No. 1.—Boil 6 hard-shell crabs; when cool enough to handle extract all the meat, and set aside. Prepare 12 fish forcemeat balls, boil them in salted water; place 12 freshly opened oysters with their liquor over the fire, boil 3 minutes, then take the oysters out of their liquor. Melt 1 tablespoonful butter, add 1 tablespoonful flour, stir and cook 3 minutes without browning; add 1 cupful white bouillon, $\frac{1}{2}$ cupful of the oyster liquor; season with 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful white pepper, $\frac{1}{2}$ pint small canned mushrooms, and a small bouquet, boil 5 minutes; remove the bouquet, boil 10 minutes longer. Mix the yolks of 2 eggs with the juice of $\frac{1}{2}$ lemon, add it to the saucepan, adding also the oysters and the crab meat, and heat it till nearly boiling; then re-

move from fire, add 3 tablespoonfuls cream; put the forcemeat balls on an oblong warm dish, pour the ragoût over, and garnish with fillets of fish, rice, or nudle border.

Devilled Crabs.—Drop 6 hard-shell crabs into boiling water, and boil 12 minutes; remove with a skimmer, and when cold open and pick out all the meat; place a saucepan with 1 tablespoonful butter and 3 tablespoonfuls fine-minced white onion over the fire, add 1 crushed clove of garlic, and cook for 5 minutes; add 1 cupful chicken or veal broth; season with ½ teaspoonful salt, ½ even teaspoonful English mustard, 1 cupful fine-chopped mushrooms, 1 teaspoonful fine-chopped parsley, and the crab meat; stir and cook 15 minutes; remove to side of stove, add the yolks of 3 eggs, and stir a few minutes. Divide this mixture into 6 well-cleaned crab shells, smooth with a knife, and sprinkle over each ½ teaspoonful fine bread crumbs and ½ teaspoonful melted butter. Lay the shells on a shallow tin pan, and bake till light brown in a hot oven. Serve at once on a dish, garnish with water cress or parsley, or serve in the folds of a napkin.

SOFT-SHELL CRABS.

In season from May till October. The soft-shell crabs are nothing more than hard-shell crabs after shedding their shell.

Soft-shell Crabs, Fried.—Remove the spongy substance and the sand bags from the sides, wash, wipe dry, drop them into boiling lard, and fry light brown; take them out with a perforated skimmer, sprinkle a little fine salt all over, and serve hot, garnished with fried parsley, or the crabs may be dipped in beaten egg and rolled in cracker dust, then fried; some prefer to dip them in a batter made the same as for Clams Fried in Batter.

Soft-shell Crabs à la Maitre d'Hôtel.—Clean, wash well, and wipe dry 6 soft-shell crabs; brush over with melted butter or oil, season with 1 even tablespoonful salt, ½ even teaspoonful pepper; put them on a broiler, and broil over a clear fire about 5 minutes

on each side. Serve at once on a hot dish on buttered toast with 1 ounce maître d'hôtel butter spread over. In place of toast, 6 small slices of bread fried in butter may be laid under the crabs.

FROGS.

In season the year round; they are considered best from June to October.

Frogs, Fried.—Season 12 well-cleaned frog legs with 1 tablespoonful salt, let lie ½ hour; then dust with flour, dip in beaten egg, and roll in bread crumbs; fry in hot fat to a fine color, and serve with Tartar sauce à l'allemande.

Frogs à l'Espagnole.—Season 12 frog legs with 1 tablespoonful seasoning salt, put into a dish with the juice of 1 lemon, and let lie 1 hour; then place a saucepan with 2 ounces butter over the fire, add 1 fine-chopped onion, a small clove of crushed garlic, ½ fine-chopped green pepper, cook 5 minutes; add the frogs, cover and cook 10 minutes; add 3 fine-cut ripe tomatoes and ½ cupful small mushrooms, cover and cook till tender. Serve with boiled rice. If mushrooms are not at hand they may be omitted.

Frogs à la Poulette.—Season 12 well-cleaned and washed frogs with 1 tablespoonful seasoning salt. Melt 2 ounces butter in a low, wide saucepan, put in the frogs, add 4 tablespoonfuls white wine, cover and cook till done without browning. Place a small saucepan with 1 ounce butter over the fire, add 1 tablespoonful flour, cook 3 minutes; add 1½ cupful white broth, ¼ cupful mushroom liquor, a small bouquet, and 1 even teaspoonful salt; boil 5 minutes; remove the bouquet; mix the yolks of 2 eggs with the juice of ½ lemon, draw the saucepan from the fire, add slowly the yolks and lastly 2 tablespoonfuls cream; dress the frogs on a hot dish, pour the sauce over, and garnish with toasted bread or croûtons.

Frogs fried in Batter.—Prepare the frogs as in foregoing recipe; mix the yolks of 2 eggs with ½ cupful milk, 2 tablespoon-

fuls flour, a little butter and salt, adding lastly the beaten whites; dip the frogs into this batter, and fry in boiling fat to a fine color, a few at a time. Serve with tomato sauce, sauce à l'allemande, or Tartar sauce.

Frogs broiled à la Maître d'Hôtel.—Procure 12 large well-cleaned fresh frogs, wash and wipe well; mix 1 tablespoonful salt with ½ teaspoonful pepper, sprinkle this over the frogs, adding the juice of 1 lemon; lay them with 1 sliced onion in a covered dish, also some fresh parsley and 2 sprigs of thyme, cover and let stand 1 hour, then dry on a soft clean towel, brush them over with the butter or oil, lay the frogs on a broiler and broil over medium hot fire 5 minutes on each side; dress them on a hot dish, spread 2 ounces maître d'hôtel butter over, and serve.

TERRAPIN.

In season from November to May.

Terrapin—How to prepare and cook.—Plunge a live terrapin into boiling water, boil 2 minutes; then remove the small white skin on the head and feet, return it to the boiling water and cook about 40 minutes (to know when they are done, press the feet between the fingers and if they feel soft to the touch they are done); remove, and when cold cut off the nails, break the shell on the flat side, removing it from the meat; empty out all the insides, carefully removing the gall bag from the liver, also the white inside muscle and tail; separate the legs at their joints, and divide into small pieces, throwing away head, tail, entrails, claws, muscle, gall, and bladder; cut the liver into slices, put it with the eggs and the terrapin meat in a saucepan; add sufficient boiling water to nearly cover the terrapin; season with salt and a little Cayenne pepper, and cook 10 minutes; then put aside in a cool place, *and use as directed in the following recipes.*

Terrapin à la Maryland.—Place 1 pint of cooked and prepared terrapin in a saucepan, add ½ tablespoonful butter, 3 table-

spoonfuls sherry wine, 1 even teaspoonful salt, a little Cayenne pepper, cook 5 minutes, rub fine the yolks of 3 or 4 hard-boiled eggs, mix with 1 cupful rich sweet cream, add to the terrapin, cook 5 minutes, and serve.

Terrapin à la Newburg.—Place 1 pint of cooked terrapin with 2 fine-cut truffles in a saucepan, add 1 tablespoonful butter, 1 even teaspoonful salt, a little Cayenne pepper, and 3 tablespoonfuls sherry wine; cook 6 minutes; mix the yolks of 3 eggs with 1 cupful cream, add it to the terrapin, stir a few minutes over the fire, then serve.

Terrapin à la Brooklyn Hamilton Club.—Procure 2 terrapins, each one 3 pounds in weight, boil and prepare as directed. Place 1 fine-chopped onion in a saucepan, add 2 tablespoonfuls fine-cut carrots, a little celery, 6 coarsely pounded peppers, a bouquet, 1 tablespoonful butter, cook and stir 6 minutes; then add 1 tablespoonful flour, and stir 2 minutes; add 1½ cupful white broth, 1 even teaspoonful salt, ⅛ of a teaspoonful Cayenne pepper, ½ cupful sherry wine, ½ cupful fine-chopped mushrooms, a little mushroom liquor, ½ teaspoonful beef extract, and boil 10 minutes; strain into a clean saucepan, add the fine-cut prepared terrapin meat, and cook 5 minutes; add the juice of ½ lemon and serve.

Terrapin Morensi.—Place 1 pint of boiled and prepared terrapin in a saucepan, cover with sweet cream, season with 1 even teaspoonful salt, a little Cayenne pepper, cook 5 minutes; mix ½ tablespoonful butter with 1 teaspoonful cornstarch, add to the terrapin, stir and cook 2 minutes; then serve.

SCALLOPS.

In season from September to April; generally sold ready for frying in our markets.

Scallops, Fried.—Wipe the scallops with a clean towel, dust with flour, dip each into beaten egg, and roll in bread crumbs; drop into hot lard or fat, and fry to a delicate brown color, a few at

a time; remove from the hot lard on to an upturned sieve or paper, sprinkle over a little salt, and serve.

Scallops à la Marinière.—Place 1 pint of scallops in a covered dish, season with 1 teaspoonful seasoning salt, the juice of 1 lemon, 1 fine-chopped onion, and 2 tablespoonfuls olive oil; mix well with the scallops, cover and let them marinate 1 hour, then remove, roll in cracker dust, and fry in hot fat; serve on a warm dish, garnished with parsley.

Scallops on Toast.—Season 1 pint scallops with 1 teaspoonful seasoning salt, add the juice of 1 lemon, let them marinate 1 hour; then dip in milk and roll in cracker dust, fry in hot fat to a fine color; divide the scallops on 6 pieces of buttered toast. At the same time fry 1 fine-cut onion in 1 ounce butter 5 minutes; add ½ can tomatoes, 1 tablespoonful sugar, 1 teaspoonful salt, ½ teaspoonful pepper, cook 20 minutes; then strain; add the yolks of 2 eggs, pour the tomatoes over the scallops, and serve.

Devilled Scallops.—Put 1 pint of scallops in a saucepan, add ½ pint white wine and ½ cupful mushroom liquor, cook 5 minutes; then drain the scallops and chop fine. Place a saucepan with 1 ounce butter over the fire, add 1 fine-chopped onion, cook 5 minutes; add ½ cupful chopped mushrooms, 1 teaspoonful seasoning salt, ½ teaspoonful nutmeg, a little Cayenne pepper, cook 5 minutes; add 1 tablespoonful flour, stir a few minutes; add ¾ cupful of the scallop broth, cook 3 minutes; add the chopped scallops, stir and cook 5 minutes. Fill this preparation in clean scallop shells, smooth over with a knife, sprinkle over some fresh grated bread crumbs and melted butter, bake light brown in a hot oven. Serve on a napkin with some fresh parsley in the center.

EELS.

Seasonable all the year.

Fried Eels.—Cut 2 pounds well-cleaned eels into 2-inch lengths, season with 1 tablespoonful salt, and set aside 1 hour.

Shortly before serving wipe the pieces dry with a clean towel, and roll them in flour. Cut ½ pound larding pork into fine pieces, place in a frying pan over the fire, fry until it begins to turn light brown, pour half of the pork into a small saucepan, lay as many eel pieces in the remaining pork in pan as will conveniently go in; fry to a delicate brown on all sides till well done, adding more of the pork as the frying continues. When they are all fried arrange them on a warm dish, and serve either with baked or Lyonnaise potatoes.

Eels à la Tartare.—Cut 2 pounds well-cleaned eels into lengths of 3 inches, sprinkle 1½ tablespoonful salt over, and let stand ½ hour. Place a saucepan with 3 pints of water over the fire, add 3 tablespoonfuls vinegar, 1 onion cut into slices, a few slices of carrot, a bouquet, and 6 whole peppers; when beginning to boil put in the eel pieces, let come to a boil again; draw the saucepan to side of stove and simmer 5 minutes; then remove and set aside to cool. Fifteen minutes before serving take the eels from the broth, wipe dry, dip into melted butter, then roll in fresh grated bread crumbs, lay on a broiler and broil over a clear moderate fire till light brown on both sides. Arrange them on an oval-shaped dish, garnish with parsley, and serve with Tartar sauce.

Eels Marinière.—Cut 2 pounds well-cleaned fresh eels into 3-inch lengths; season with 1 tablespoonful seasoning salt; lay in a covered dish with 1 onion cut into slices, 2 sprigs of parsley, 1 sprig of thyme, and the juice of 1 lemon; cover and let stand for 1 hour. Thirty minutes before serving wipe dry, and dust each piece of eel lightly with flour, dip into beaten egg, then roll in fresh grated bread or cracker crumbs. Place a frying pan with 1 tablespoonful lard or fat over the fire, add ½ tablespoonful butter; as soon as hot put in as many eel pieces as will conveniently go in, and fry to a delicate brown. In the meantime peel 6 medium-sized potatoes, cut each one lengthwise into 6 pieces, wash and wipe dry; place a kettle with 1½ pound fat over the fire; as soon as hot put in one third of the potato pieces, let fry until brown and done, then

remove to blotting or brown paper; fry the remaining potatoes same way. When ready to serve arrange the eels on to a warm dish, and lay the potatoes around them, sprinkle 1 teaspoonful chopped parsley over all, and serve.

Eel Farci.—Skin and clean 2 large eels, cut off head and tail, split open the back, remove the bones, and spread the eels flat on the table; season each with 1 teaspoonful of seasoning salt. Then prepare a fish forcemeat, as follows: Place a saucepan with ½ cup cream over the fire; when boiling add 2 tablespoonfuls flour, stir until it forms into a smooth paste; then remove; add gradually 1 whole egg and 1 yolk, stir until smooth; when cold mix with ½ pound finely pounded pike or bass meat, ½ cupful fine-cut boiled tongue, 2 fine-cut truffles, 1 teaspoonful seasoning salt, 1 ounce butter, ¼ teaspoonful nutmeg; spread this forcemeat over the eels, roll up and cover with thin slices of larding pork; inclose each one separately in a clean napkin, tie the napkin on each end and in the center with tape; lay them on a grating in a fish kettle, cover with ½ bottle Rhine wine and white broth; add ½ tablespoonful salt, a bouquet, 2 sliced onions, and 12 whole peppers; place the kettle over the fire; as soon as it boils draw the kettle to side of stove; let simmer 40 minutes; remove, and let the eels cool in the broth; then take them out, remove the napkin, cut the eels into slices, and lay them in their original form in a baking pan; strain the broth into a saucepan, place it over the fire, and reduce it to half glaze by boiling; then add the broth to the eels; place the pan in the oven, baste often; let the eels heat through and glaze. In the meantime place 1 cupful parboiled rice in a saucepan; add 3 cupfuls milk or white broth, 1 ounce butter, 1 even teaspoonful salt, boil until done. When ready to serve, put the rice on a warm dish, place the eels on top of it, and serve; or arrange the eels in a circle around the dish, and put in the center an oyster ragoût.

Eels in Beer.—Cut 2 pounds well-cleaned eels into 2-inch lengths, season with 1 heaping tablespoonful salt, mix well with the

salt, place for 1 hour in a bowl. Put the eels in a saucepan, cover with boiling water, let them lie 2 minutes; then drain in a sieve and pour over some cold water. Return the eels in a saucepan to the fire, cover with beer; add 2 fine-cut onions, 1 bay leaf, 2 cloves, 12 whole peppers, 1 lemon cut into slices and freed from the pits; when beginning to boil draw the saucepan to side of stove, and let simmer 10 minutes; then remove the eels. Mix 1 tablespoonful butter with ½ tablespoonful flour, add it to the sauce; add ½ tablespoonful sugar, cook and stir 3 minutes; then strain the sauce into another saucepan, add the eels, set for a few minutes over the fire, and serve with boiled potatoes.

Eels à la Normande.—Cut 1½ pound well-cleaned eels into pieces 2 inches long; place them in a saucepan, add 1 tablespoonful salt, ½ teapoonful pepper, 2 onions cut into slices, 1 bay leaf, and 2 sprigs of parsley; cover with 1¼ cup white vinegar or ½ cup white wine and 3 pints cold water; set the saucepan over the fire; as soon as it commences to boil draw the saucepan to side of stove, let it simmer (not boil) 10 minutes. At the same time place a saucepan with 1 tablespoonful butter over the fire; add 1 tablespoonful flour, stir and cook 2 minutes; add 1 cupful white broth, ½ cupful mushroom liquor, and ½ cupful of the eel broth; cook 5 minutes; mix the yolks of 2 eggs with ½ cupful cream, add it slowly to the sauce, not letting it boil again; after the yolks have been added add the juice of ½ lemon and ½ teaspoonful beef extract and ½ tablespoonful butter in small pieces; lay the eels in a warm dish, pour over the sauce, and serve with small potato dumplings.

Eels in Jelly.—Cut 1½ pound shank of veal into small pieces, place them in a saucepan over the fire, cover with cold water; add 1 teaspoonful salt; when beginning to boil, add 2 onions and a bouquet, cover and boil till the meat falls from the bones. In the meantime cut 2 pounds medium-sized eels into 3-inch lengths, season with 2 tablespoonfuls salt; mix well together with the salt, and set for 1 hour in a cool place; then put into a saucepan, and

cover with boiling water; after 2 minutes drain the eels in a sieve and rinse off with cold water; when the veal is done, strain the broth through a napkin; place the eels in a saucepan, add 1½ pint of the veal broth, ½ pint white vinegar, 4 whole cloves, 1 bay leaf, 12 whole peppers, 1 onion cut into slices, ½ tablespoonful sugar, set the saucepan over the fire, and boil slowly till done—about 10 minutes; remove the eels, lay in a dish or bowl large enough to hold them. Beat the whites of 2 eggs to a stiff froth, add the juice of 1 lemon and a little cold water, stir this into the broth, continue the stirring, and boil 5 minutes; then draw the saucepan to side of stove. Place a small sieve over another saucepan, set the saucepan in a vessel of hot water over the fire, lay a napkin inside the sieve, pour the broth through it, a little at a time; when strained, pour over the eels and set in a cool place. Serve cold with mayonnaise or rémolade.

Eels with Oysters.—Cut 1 pound eels into pieces two inches in length, season with 1 even tablespoonful salt, let stand ½ hour; place in a saucepan, cover with boiling water; add 1 onion, 2 slices of carrot, a bouquet, 6 whole peppers, and 3 tablespoonfuls white vinegar; when beginning to boil, draw to side of stove; let simmer 10 minutes. At the same time place 1 pint of large oysters, with some of their liquor, over the fire, add the juice of ½ lemon, ½ tablespoonful butter, ½ teaspoonful seasoning salt, boil 2 minutes; then remove. Melt 1 ounce butter in another saucepan, add 1 heaping tablespoonful flour, stir 3 minutes; add 1 cupful of the eel broth and the broth in which the oysters were cooked; add ½ teaspoonful beef extract, ½ cupful white broth or water, cook 5 minutes; mix the yolks of 2 eggs with 1 tablespoonful lemon juice; add it slowly to the sauce, not letting it boil again; add last 3 tablespoonfuls cream or milk; lift the eels from the broth, drain on a sieve, add with the oysters to the sauce; toss the whole for a few minutes over the fire; then pour it over 6 small slices of buttered toast. In place of toast, small potato dumplings boiled in salted water and sautéd brown in butter may be served with the dish.

Eels à la Matelote.—Cut 2 pounds well-cleaned medium-sized eels into 2-inch pieces, sprinkle over 1 heaping tablespoonful salt; mix salt and eels well together; put in a saucepan and let stand 1 hour; then place the saucepan over the fire, cover with boiling water, let simmer 3 minutes; remove the eels and drain on a sieve. Place another saucepan with ½ pint red wine over the fire, add 1½ pint of white broth, 1 onion cut into slices, a bouquet, and 12 whole peppers, boil 5 minutes, then add the eels; draw the saucepan to side of stove and simmer 10 minutes. At the same time melt 2 ounces butter in a saucepan, add 1½ tablespoonful flour, stir 3 minutes; remove the eels from the saucepan to a warm dish; strain the broth, add it to the flour and butter, add ½ can of small mushrooms, and cook 15 minutes; add ½ teaspoonful beef extract, and if necessary a little seasoning salt. Arrange the eels, 12 small cooked white onions, and 12 fish forcemeat balls on a round or oval-shaped dish; lay in a circle 6 small slices of buttered toast or bread croûtons around the edge of dish, pour over the sauce, and serve.

Eels, Collared.—Clean and split 1 large eel on the back and remove the bones, head, and tail, wash and sprinkle with salt, and set the eel aside for ½ hour. Cut 3 hard-boiled eggs, also 2 small pickles, in small strips, and add a little fine-cut beet, 1 tablespoonful capers, ½ teaspoonful fine-chopped parsley and tarragon, 2 small grated onions, and 3 fine-chopped anchovies without skin and bones. Mix these ingredients well together, dry the eels with a cloth, spread out on the table and put the mixture over it, sprinkle a little pepper over, roll up; wrap up in a cloth, and tie with tape; boil in half water and half vinegar with a little salt, 2 onions, and a bouquet ½ hour. When done take out the eel, lay between 2 boards, place a weight on top, and press until cold; then take it out, remove the tape and cloth, and if not used at once, lay it back into the liquor in which it was boiled. When ready to serve, cut it into slices and serve with rémolade sauce.

Eels—How to smoke.—Take medium-sized eels, clean and leave the skins on, wash, dry, and rub each one with a little salt (care must be taken not to take too much salt), and set in a cool place for 24 hours; turn them twice during that time. Put a stick through the eyes, hang about 10 eels on the stick over a barrel without a bottom, cover it with thick, coarse sack linen; place the barrel over a pan of burning charcoal (sawdust must be put on the top of the burning coal, so as to make a good smoke), and let the eels smoke about 3 days, according to size.

Smoked Eels, Broiled.—Cut large smoked eels into pieces 3 inches in length; place them on a broiler over a clear fire; broil 3 minutes on each side. Serve with cut lemons.

SMELTS.

In season from the middle of August to the middle of April.

Smelts fried in Pork.—Clean, wash, and wipe dry 1½ pound smelts, remove the heads; season the fish with 1 even tablespoonful of seasoning salt; roll in flour; cut 6 ounces larding pork into small pieces, place it in a frying pan, and fry till it begins to turn a delicate brown; then pour half the pork in a small saucepan and keep it in a warm place; lay as many smelts in the remaining pork in pan as can conveniently go in; fry light brown first on one side, then turn and fry the other side, adding more of the pork in saucepan as the frying continues. When all are fried, arrange them nicely on a warm dish, garnish with parsley and 1 lemon cut into lengthwise pieces; serve with Lyonnaise potatoes. In place of pork lard or beef fat may be taken.

Smelts à la Dresden.—Clean, wash, and wipe dry 18 large smelts, split them down through the back, remove the backbones, and season with 1 even tablespoonful seasoning salt. Stuff the smelts with fish forcemeat, close and give them their original shape again; lay in a buttered dish, sprinkle over 1 tablespoonful fine-chopped onion and 2 tablespoonfuls lemon juice; add 3 table-

spoonfuls white wine, ½ cupful white broth, and pour 1 ounce melted butter over them; place in a moderate oven, baste frequently, and bake till done. In the meantime melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir for a few minutes; add ½ pint white broth and the gravy from the smelts, 3 tablespoonfuls mushroom liquor, boil 5 minutes; then strain into a clean saucepan. Mix the yolks of 2 eggs with ½ cupful cream, add it slowly to the sauce, also ½ tablespoonful lemon juice and ¼ teaspoonful seasoning salt, and a little beef extract; let the sauce get hot but do not allow it to boil. Arrange the smelts nicely on a hot dish, pour a little of the sauce over each one, and serve the remaining sauce in a sauce bowl; garnish the dish with potatoes à la patricia, or serve plain boiled potatoes with it.

Smelts, Broiled.—Clean, wash, and wipe dry 1½ pound of large smelts, season with 1 even tablespoonful seasoning salt, let lie ½ hour; then dip each smelt into melted butter, roll in fresh grated bread crumbs, place on a broiler over a moderate fire, and broil 5 minutes on each side. Arrange on a warm dish and garnish with water cress. Stir 2 ounces butter to a cream, add slowly 2 tablespoonfuls lemon juice, 1 even teaspoonful nutmeg, and 1 tablespoonful very fine-chopped parsley; spread this over the fish, and serve with French fried potatoes.

Smelts à la Bremoise.—Procure 18 large smelts, clean and wash the fish, remove the eyes from the head, split the fish up the back, and remove the backbone; season with 1 teaspoonful seasoning salt; lay in a covered dish with 1 sliced onion, 1 sprig of thyme, the juice of 1 lemon, and some fresh parsley; cover and let stand 1 hour. In the meantime put the yolks of 2 eggs into a small bowl, add ¼ teaspoonful salt, ½ cupful milk, and 2 tablespoonfuls flour; stir this to a smooth batter. Melt ½ tablespoonful butter, add it to the batter, and the 2 whites beaten to a stiff froth. Place a kettle or a deep frying pan over the fire with 1½ pound fat or lard; when hot, take each smelt separately on a larding needle,

dip into the batter, then drop it into the boiling fat (put in about 3 or 4 at a time), fry light brown on both sides, lay them a few minutes on a blotting paper to absorb the grease; when all are fried in this way arrange them on a hot dish. Wash and dry on a towel 1 handful fresh parsley, remove the stems, drop the parsley into the hot fat, fry 2 minutes; then remove it with a skimmer, lay it a few minutes on blotting paper, sprinkle over some salt, lay this around the smelts, and serve with sauce Tartare.

Smelts Marinière.—Clean, wash, and wipe 1½ pound smelts, season with 1 even tablespoonful salt, sprinkle over the juice of 1 lemon, lay the fish in a covered dish with 1 onion cut into slices, 1 sprig of thyme, and 3 sprigs of parsley; cover and let stand ½ hour; then remove and wipe dry with a clean towel, dust lightly with flour, dip each smelt into beaten egg, then roll in fresh grated bread crumbs, and fry light brown in hot lard. Arrange the smelts on a warm dish, garnish with parsley, serve with 2 ounces melted butter to which the juice of ½ lemon and 1 teaspoonful fine-chopped parsley have been added; serve peeled boiled potatoes and lettuce salad with it.

FLOUNDERS AND SOLE.

Flounders and its Species.—A flat fish of the family *Pleuronectidæ* or *Planidæ*, which also includes halibut, sole, and turbot. This family, containing 150 species, is generally found in shallow waters where the bottom is sandy; but the halibut and turbot are caught in deep waters. The common flounder of Massachusetts varies in length from 10 to 22 inches. This species is considered excellent for the table; the flesh is white and firm, and is in good condition all the year except in February and March, when spawning. They are abundant in summer and autumn on the coast of New Brunswick and Nova Scotia. Flounders are mostly prepared like fillet of sole.

Fillet of Sole or Flounders—How to prepare.—Place the fish on a table with the white side under, cut off the head, remove

the gills and entrails; then make a cut straight down the back from the head to the tail, make with a knife a slight incision at the tail part large enough to get hold of the brown skin; with the thumb and forefinger of the left hand, and a knife in the right hand placed on the tail bone, tear off the skin with one stroke; cut off with a scissors the small bones on the outside, make a straight incision on the white skin side to the middle bone, then separate the meat from the bones. This meat is called the fillets, each fish having 4 fillets; the fillets, if large, are cut in two, and if small are left whole.

Fillet of Flounder à la Berlinoise.—Season the fillets of 2 medium-sized flounders, each one weighing about 1½ pound, with pepper and salt, sprinkle over the juice of 1 lemon; lay them in a covered dish with 1 large onion cut into slices, ½ bunch of parsley, and 2 sprigs of thyme; cover the dish, and let it stand 1 hour. Twenty minutes before serving mix the yolks of 2 eggs with ½ cup milk, add ¼ teaspoonful salt, 2 heaping tablespoonfuls flour, ½ tablespoonful melted butter, and stir to a smooth batter; then add the whites previously beaten to a stiff froth. Wipe the fillets dry with a clean towel, dip each piece separately into the batter, then drop into boiling fat and fry light brown on both sides, continuing until all are fried. Lay the fish for a few minutes on blotting paper, then arrange them on a warm dish, and serve with boiled potatoes and sauce described below.

Sauce.—Place a small saucepan with 1 tablespoonful butter over the fire, add 1 fine-chopped onion, and cook until the onion begins to turn a delicate brown; then strain; then add 1 tablespoonful flour, stir and cook 2 minutes; add 1 cupful soup stock or 1 cupful water with 1 teaspoonful beef extract, ½ cupful mushroom liquor, ¼ teaspoonful pepper, 1 even teaspoonful salt, 1 teaspoonful vinegar, cook 5 minutes; add 2 tablespoonfuls French mustard, and serve.

Fillet of Flounder à la Viennoise.—Remove the fillets from 2 flounders, each weighing about ¾ pound, season 6 fillets with

pepper and salt, chop the remaining 2 very fine; set aside. Melt 1 tablespoonful butter in a small saucepan, add 1 fine-chopped onion, cook 3 minutes; then add ½ cupful fine-chopped mushrooms, cook 5 minutes; remove from fire, add 1 teaspoonful fine-chopped parsley and 1 even teaspoonful seasoning salt, also the fine-chopped fillet. Place ½ cup water and ½ teaspoonful butter over the fire; as soon as it boils add 2 tablespoonfuls flour, stir until it forms into a smooth paste; remove from fire, add 1 well-beaten egg, stir until perfectly smooth; add the above preparation and ¼ teaspoonful salt; cover each fillet with a thin layer of this forcemeat, roll up, and set close together in a buttered pan; sprinkle over 2 tablespoonfuls lemon juice and 2 ounces melted butter; set the pan in a hot oven and bake till done—about 15 minutes. Remove the rolls to a warm dish, add ½ tablespoonful flour to the butter in which the rolls were baked, stir a few minutes, add 1 cup white broth and a small bouquet, 2 tablespoonfuls mushroom liquor, ¼ teaspoonful seasoning salt, boil 5 minutes; then remove the bouquet. Mix the yolk of 1 egg with 1 tablespoonful lemon juice, add it slowly to the sauce, add ½ tablespoonful butter in small pieces, and a little beef extract.

Fillet of Sole or Flounder à la Venitienne.—Wash and wipe dry the fillets from 2 medium-sized flounders, mix 1 even tablespoonful salt with ½ teaspoonful pepper, sprinkle over the fillets, and fold each one double; place in a baking pan, sprinkle over the juice of 1 lemon, and pour over 2 ounces melted butter; set the pan in a hot oven, and bake from 10 to 15 minutes; as soon as done, remove the fillets to a long flat dish, cover with buttered paper, and lay a light weight over them. When cold mix the yolks of 2 eggs with 1 ounce melted butter, dip each fillet separately into the yolk and butter, and roll in fresh grated bread crumbs; lay on a broiler and broil to a delicate brown on both sides. Arrange the fillets in a circle around a warm dish, and put a lobster ragoût in the center.

Fillet of Sole or Flounders à la Normande.—Season the fillets of 2 medium-sized flounders with pepper and salt, make a slight incision across the middle of each fillet, fold them double, lay them in a baking pan, and sprinkle over 2 tablespoonfuls lemon juice and 2 ounces melted butter. Fifteen minutes before serving place the pan in a hot oven and bake till done—about 10 minutes. Arrange the fillet in a circle on a warm dish, pour a little of the sauce from the ragoût mentioned below over the fillets, sprinkle over 3 tablespoonfuls fried bread crumbs, place the dish for a few minutes in the oven; pour the oyster ragoût in the center, and serve.

Ragoût of Oysters.—Place a saucepan with 1 quart large oysters over the fire, let come to a boil, lift out with a skimmer, lay on a dish, remove the beards, and set the oysters aside. Melt 2 ounces butter in a saucepan, add 1½ tablespoonful flour, stir and cook 2 minutes, add ½ pint white broth, ½ pint of the oyster liquor, ½ can mushrooms, 2 tablespoonfuls white wine, 1 even teaspoonful salt, ¼ teaspoonful pepper, cook 15 minutes; then draw the saucepan to side of stove. Mix the yolks of 2 eggs with the juice of ½ lemon, add it slowly to the sauce; add the oysters, let it get hot, but not boil. Prepare also 12 fish forcemeat balls, boil in salted water, lay in center of dish, pour the oyster ragoût over it, and serve.

Fillet of Flounder à la Française.—Remove the fillets from 2 medium-sized flounders, season with 1 even tablespoonful salt, fold the fillets double, and lay them in a small buttered baking pan; sprinkle over 1 fine-chopped onion and ½ cupful fine-chopped mushrooms; add ½ cupful white wine; set the pan aside for ½ hour. Place the bones, head, and skin of the fish in a saucepan, cover with cold water, add a few slices of carrot, 1 sliced onion, 6 whole peppers, 1 even teaspoonful salt, and a bouquet, boil 20 minutes; then strain through a napkin; add sufficient of this broth to cover the fillets. Place the pan over the fire, as soon as it commences to boil set in the oven, cook slowly 8 minutes; when

done remove the fillets with a skimmer to a warm dish, and strain the broth. Melt 1 tablespoonful butter in a saucepan; add 1 tablespoonful flour, stir 3 minutes; then add ½ cupful of the fish broth, ½ cupful white broth, 1 cupful oyster liquor, cook 5 minutes; mix the yolks of 2 eggs, with the juice of ½ lemon, add it slowly to the sauce, draw the saucepan to side of stove, and add ½ tablespoonful butter in small pieces. Place 1 dozen large oysters without their liquor in a saucepan, add 1 tablespoonful lemon juice, ½ even teaspoonful seasoning salt, cook 2 minutes; add ½ pint shrimp tails, pour over a few spoonfuls of the sauce, and keep warm. Arrange the fillets nicely on a round or oval-shaped hot dish and lay the oysters and shrimps in a circle around them, pour the sauce over, and serve.

Fillet of Sole with Tartar Sauce.—Procure the fillets from 2 soles, each weighing about 1½ pound, wash and wipe them dry with a clean towel, season with 1 tablespoonful seasoning salt, equally distributed over each fillet; lay them in a covered dish with 1 sliced onion, 3 sprigs of parsley, 1 sprig of thyme, and the juice of 1 lemon or lime; cover and let it stand ½ hour. Twenty minutes before serving wipe the fillets dry with a towel and dust lightly with flour; crack 2 eggs in a bowl and beat until light, take each fillet on a fork, dip first into the beaten egg, then roll into grated bread crumbs; when all are prepared in this way place a frying pan with 2 tablespoonfuls lard or fat over the fire; as soon as hot put in as many fillets as will conveniently lie in the pan without crowding each other; fry light brown on both sides; arrange the fillets on a warm dish and serve with Tartar sauce.

Fillet of Sole Farci.—Remove the fillets from 2 medium-sized soles or flounders, season 6 fillets with pepper and salt, and set the remaining 2 aside for forcemeat. Place a small saucepan with ½ cup water and ½ teaspoonful butter over the fire; as soon as it begins to boil add 2 tablespoonfuls flour, stir to a smooth paste, then remove from fire; add 1 well-beaten egg, stir until smooth,

then set aside to cool; fry 1 fine-chopped onion in 1 ounce butter 3 minutes, add 6 fine-chopped mushrooms, cook and stir a few minutes longer; season with 1 teaspoonful seasoning salt. Remove from fire, add ½ tablespoonful fine-chopped parsley, add the paste, and mix all well together; then add the 2 fillets, previously finely chopped, add ½ teaspoonful salt and a little pepper; spread a thin layer of this forcemeat over each fillet, fold them double, with the forcemeat inside, lay in a buttered baking pan, pour over the juice of ½ lemon, and sprinkle over 2 ounces melted butter. Place them in a hot oven, to bake from 10 to 15 minutes; then remove the fillets carefully to a long, flat dish, cover with buttered paper, lay a light weight over them, and let stand till cold. Fifteen minutes before serving mix the yolks of 2 eggs with 1 ounce melted butter, dip the fillets first in the yolks and butter, then in fresh grated bread crumbs, lay on a broiler and broil over a moderate clear fire, light brown on both sides. Serve with oyster sauce, or arrange the fillets in a circle around the dish and pour a lobster or crab ragoût in the center.

Flounders Farcis à la Messalina.—Procure the fillets from 2 medium-sized flounders, chop 2 fillets very fine, and season the remaining 6 with 1 even tablespoonful seasoning salt; lay them in a covered dish, with 1 sliced onion, a sprig of thyme, 3 sprigs of parsley, and the juice of 1 lemon; cover the dish, and let it stand 1 hour. Mix the 2 fine-chopped fillets with ½ cupful fresh grated bread crumbs, 1 tablespoonful butter, 1 well beaten egg, ½ grated onion, 2 tablespoonfuls cream, and 1 teaspoonful seasoning salt. Twenty minutes before serving wipe the fillets dry, spread a thin layer of the forcemeat over each fillet, fold double, so that the forcemeat is between them; insert a crawfish claw in the pointed edge of each fillet; lay in a buttered pan, add 3 tablespoonfuls Rhine wine, pour 2 ounces of melted butter over the fillets and the juice of half a lemon; cover with buttered paper, set the pan in a hot oven, and bake till done; then carefully remove the fillets to a warm dish; put a bunch

of fried parsley in the center, arrange the fillets around it, and around the fillets lay fried tomatoes (see Tomatoes); add to the fish gravy ½ tablespoonful flour, stir and cook 3 minutes; add 1 cup of boiling water, 3 tablespoonfuls cream, 1 teaspoonful beef extract, cook 5 minutes; mix the yolk of 1 egg with ½ tablespoonful lemon juice, add it slowly to the sauce; add lastly ½ tablespoonful of butter in small pieces, ¼ teaspoonful seasoning salt, and serve. In place of this sauce, a tomato or Robert sauce may be served with the fillets.

Flounders, Fried.—Select 2 medium-sized flounders, clean, wash and wipe them dry, season each one with ½ tablespoonful seasoning salt, remove the head and tail, make 2 incisions on the brown-skin side, and roll the fish in flour. Cut 4 ounces larding pork into small pieces, place in a frying pan over the fire, and fry light brown; put in the fish and fry till done and light brown on both sides, serve on a hot dish, and garnish with 1 lemon cut lengthwise into 6 pieces. Serve with mustard sauce or melted butter and boiled or baked potatoes. Another way is to cut the fish into 3 or 4 pieces, season it with salt, and dust lightly with flour; then dip in beaten egg and roll in cracker crumbs; fry in hot lard or half lard and half butter.

HALIBUT.

In season the year round.

Halibut à la Maître d'Hôtel.—Procure 2 thin slices of halibut weighing 2 pounds; cut each slice into 3 pieces, remove the bone in center, and the skin; season with 1 tablespoonful seasoning salt, equally distributed on both sides of the fish; sprinkle over the juice of 1 lemon; lay the fish pieces with 1 sliced onion in a covered dish; add ½ bunch parsley and 1 sprig of thyme, cover and let stand 30 minutes; then wipe the pieces dry, dust lightly with flour, dip each piece first into beaten egg, then in freshly rolled cracker crumbs. Place a frying pan with 1 tablespoonful lard and ½ tablespoonful butter over the fire; as soon as melted, put in as many

fish pieces as will conveniently lie in the pan without crowding, and fry to a delicate brown; when all are fried in this way, arrange them nicely on a warm dish and spread 2 ounces maître d'hôtel butter over, garnish with parsley, and serve with plain boiled potatoes.

Halibut à la Tartare.—Cut 2 thin slices of fresh halibut into 6 pieces, remove the skin and center bone, season with 1 tablespoonful salt, dust the fish pieces lightly with flour, dip into beaten egg, and cover with fine bread crumbs; fry light brown in lard or half lard and half butter, and well done. Serve on a warm dish with sauce Tartare.

Halibut, Boiled.—Procure a piece of fresh halibut weighing 3 pounds; place it on a grating of a fish kettle, cover with boiling water; add ¼ cup of vinegar, 2 tablespoonfuls salt, 1 sliced onion, a bouquet, and 12 whole peppers; as soon as it begins to boil remove the kettle to side of stove; let it simmer (not boil) till done, which will take from 10 to 20 minutes. When ready to serve, lift the grating out of the kettle, slide the fish on to a warm dish, and serve with sauce Hollandaise, oyster, shrimp, egg, or mustard sauce.

Halibut in Mayonnaise.—Pick 2 pounds of fresh boiled halibut into pieces, sprinkle over the juice of ½ lemon, and mix it with 3 fine-cut hard-boiled eggs. Put in a small double boiler 2 whole eggs, beat with an egg beater until very light; add slowly 4 tablespoonfuls oil, then 4 tablespoonfuls white vinegar; place this over the fire and stir till thick; then remove. When cold, add again slowly 4 tablespoonfuls of oil; season with 1 teaspoonful salt, 2 teaspoonfuls sugar, ½ teaspoonful English mixed mustard, or 1 tablespoonful French mustard; add last 1 cupful cream whipped very stiff, mix half of the sauce with the fish; put it in a salad dish, give it a dome-shape, cover with the remaining mayonnaise, and decorate with lettuce leaves and hard-boiled eggs; then serve. In place of 2 whole eggs 4 yolks may be used.

TURBOT.

In season—the English from January to March; the American from January to July.

Turbot—Where found, etc.—Turbot belongs to the flatfish family. The European turbot, the finest of the family, sometimes measures 6 feet in width and weighs over 200 pounds. The American turbot is from 12 to 18 inches long and 6 to 8 inches wide, sometimes attaining a weight of 20 pounds. It is found along the coast of the New England States; its meat is delicate and highly esteemed as food, and has the shape of a chicken halibut.

English Turbot, Boiled.—Procure a fresh turbot scale, draw and wash it, lay it with a piece of ice in half milk and half water, let it soak for 1 to 2 hours, then remove the fish and rub both sides over with lemon juice; lay the fish on a drainer in a fish kettle, cover with cold water, add to every quart of water 1 tablespoonful salt and 1 tablespoonful vinegar, place the kettle over a strong fire; as soon as it commences to boil, draw it to side of stove and let simmer till done. When ready to serve, lift the turbot out of kettle, drain and slip it on to a warm dish, rub a little butter over the white surface, garnish with parsley, and serve with sauce Hollandaise and boiled potatoes.

American Turbot à la Diplomate.—Remove the fillets from a medium-sized turbot, cut them half-heart shape, season with seasoning salt; put the fillets in a covered dish with 2 fine-chopped onions, some fresh parsley, and nearly covered with white wine; let them lie in the marinade 1 hour; then place the fish in a thickly buttered pan, add the marinade; set the pan over the fire, and boil 5 minutes; then place it in a medium oven, cover with buttered paper, and bake till done, basting frequently. At the same time place 1 pint of oysters without their liquor in a saucepan over the fire, add the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoonful seasoning salt, $\frac{1}{2}$ tablespoonful butter, and cook 2 minutes; then remove the oysters.

Melt in another saucepan 1 tablespoonful butter, add 1 tablespoonful flour, stir 2 minutes; add ½ cupful white broth, ½ cupful of the fish broth, ½ cupful oyster broth, ½ even teaspoonful seasoning salt, a little beef extract, cook 5 minutes; then strain in another saucepan. Mix the yolks of 2 eggs with ½ cupful cream, add it slowly to the sauce, add ½ tablespoonful butter in small pieces, let the sauce get hot, add the oysters, and set the saucepan in a warm place. When the fish is done lay half of the fillets in a warm dish, pour over some of the sauce and oysters; lay over the other fillets, pour over a little more sauce, and cover with 2 tablespoonfuls fresh grated bread crumbs, mixed with 2 tablespoonfuls grated Parmesan cheese. Set the dish for a few minutes in a hot oven or place it under a gas broiler; then serve in the same dish, and the sauce in a sauce bowl.

Turbot Gratine.—Remove the fillets from a medium-sized turbot; season with salt and pepper, lay them in a covered dish with 2 sliced onions, some parsley, cover with 1 pint Rhine wine, and let them lie 1 hour. Thirty minutes before serving put the fillets in a thickly buttered pan, add the wine and onions; place in a hot oven, and cook till done. At the same time place a saucepan with 1 ounce butter over the fire; add 2 tablespoonfuls fine-cut raw ham, 2 tablespoonfuls fine-chopped onion, cook 5 minutes; add 1 heaping tablespoonful flour, stir a few minutes, then add ½ pint white broth, ½ pint cream or milk, a small bouquet, boil 6 minutes. Then strain into another saucepan, add ½ can mushrooms, 1 even teaspoonful salt, and cook slowly 15 minutes; add a little more butter and nutmeg. When the fish is done lay half of the fillets in a dish to be served in, pour over ⅓ of the sauce, put in the remaining fillets, pour over more sauce and mushrooms, sprinkle 3 tablespoonfuls grated bread crumbs and 3 tablespoonfuls grated Parmesan cheese over the top, place the dish for a few minutes in a hot oven to bake light brown, then serve.

Turbot, Broiled.—Clean, wash, and dry a small-sized turbot, remove head, tail, and fins; split the fish and cut each half into

pieces about 3 inches wide. Lay them for an hour or more in olive oil, sliced onions, salt, lemon juice, and parsley. Twenty minutes before serving dry the fish with a soft towel, and dip the pieces separately into cold melted butter. Sprinkle with bread crumbs and lay on a hot broiler; broil over a slow fire till browned on both sides and well done. Serve on a warm dish with caper or anchovy sauce, garnish with parsley and cut lemon.

Turbot Glacé à l'Admiral.—About 3 hours before serving soak a medium-sized fish in salt and water, to take off the slime; cleanse it thoroughly. Have a deep roasting pan with a grating; cover the grating with some thin slices of pork; dry and rub the fish all over with salt, lay it on the grating of roasting pan, with the pork under it; add 1 bottle champagne or Rhine wine, 2 onions, 1 bouquet, and some whole peppers; cover with buttered paper; set the pan in a hot oven, and baste frequently until done. Then lift the grating with the fish from the pan, strain the gravy, free it from fat, and reduce it by boiling to one half; add 1 tablespoonful crawfish butter, put the fish back into the pan, leaving it on the grating. Set the fish in the oven, leaving the door open, and pour the sauce, a little at a time, over it until the fish is glazed all over. Then put it carefully on a warm dish, garnish with small mushrooms stewed in butter, serve with sauce à la regence. Other large fish may be dressed in the same way.

FRESH MACKEREL.

In season from April to November; considered best in May and June.

Fresh Mackerel, Fried.—Trim and split 2 good-sized fresh mackerels through the back, remove heads, tails, and spines, rinse off with cold water, and wipe dry with a clean towel; mix 1 even tablespoonful salt and 1 even teaspoonful pepper; rub, equally divided, on both sides of the fish. Break an egg in a soupplate, beat with a fork until very light; have ready 1 pint of finely rolled

soda crackers, dust the mackerel with flour, dip first in the beaten egg, then in the cracker crumbs; pat each piece with a knife to make nice and smooth, and let lie on a board 20 minutes to dry. In the meantime cut 4 ounces of larding pork into small pieces, place in a frying pan large enough to receive the fish; let fry till light brown, then put in the fish, which turn as soon as light brown on one side and fry the same on the other side. Transfer the mackerels to a hot dish, garnish with green parsley and 1 lemon; cut lengthwise into 6 pieces, and serve with baked potatoes. Another way is to season the mackerels with 1 even tablespoonful salt, roll in flour, and fry in hot lard or half lard and half butter, larding pork, or oil.

Fresh Mackerel, Fried, à la Maître d'Hôtel.—Select 2 fine, large fresh mackerels, remove heads and tails, split through the backs, score each piece slightly on the skin side; rinse off the fish with cold water, and wipe dry. Next season with 1 tablespoonful seasoning salt, and place in a covered dish with 2 sliced onions, 1 sprig of thyme, 1 bay leaf, and 3 sprigs of parsley; sprinkle over the juice of 1 lemon, cover dish, and let stand 30 minutes; then take out the fish, dust with flour, dip into beaten egg, and cover with bread crumbs; let lie on a board for 15 minutes. Twenty minutes before serving, place a frying pan with 1 tablespoonful lard over the fire; as soon as melted, put in the fish and fry light brown on both sides; transfer the mackerels to a hot dish, and spread over 1 tablespoonful maître d'hôtel butter; garnish with water cress and French fried potatoes.

Fresh Mackerel, Broiled.—Split 2 large fresh mackerels down the back, rinse in cold water, and dry with a soft, clean towel; sprinkle a little melted butter over each fish on both sides, rubbing the butter all over to prevent it from sticking to the broiler. Lay the fish with the split side downward on the broiler, and broil 10 minutes; then turn and broil 4 minutes on skin side; when done, lay on a hot dish. Stir 1 tablespoonful butter to a cream, add 1 even

tablespoonful salt and ½ even teaspoonful pepper; spread over the fish, and garnish with lemon and parsley. Another way is to split the mackerels through the backs; season with 1 even tablespoonful salt, ½ even teaspoonful pepper; rub 1 teaspoonful olive oil in and outside over the fish; make 2 or 3 slight incisions on each side, and broil the same way; when done, lay on a hot dish, spread over 1½ tablespoonful maître d'hôtel butter, garnish with water cress and lemon, and serve with small German potatoes fried brown.

Fresh Mackerel, Baked.—Clean and wash 3 large fresh mackerels and wipe dry; season with 1 tablespoonful salt, ½ teaspoonful pepper, equally distributed. Lay 3 slices of larding pork in a shallow baking pan, on top of each slice a mackerel, and sprinkle the juice of 1 lemon over; then lay 1 slice of larding pork over each fish, place the pan in a medium-hot oven, and bake about 20 to 25 minutes. When done, carefully remove the fish, arrange on a hot dish, decorate with parsley greens, and serve with maître d'hôtel sauce or melted butter.

Fresh Mackerel, Boiled.—Place 3 fresh mackerels in a fish kettle, cover with cold water; add 1 heaping tablespoonful salt, ¼ cup white vinegar, 1 large onion cut into slices, a bouquet, a small carrot, and 12 whole peppers. Place the kettle over a quick fire, and as soon as it begins to boil draw to side of stove, letting it simmer gently 5 minutes. Then remove and drain the fish, lay in a hot dish, and serve with mustard sauce.

Fresh Mackerel, Baked (to Serve Cold).—Cut off the heads and tails of 3 fresh mackerels, lay in a roasting pan; sprinkle over 1 tablespoonful salt, ½ teaspoonful pepper, 1 chopped onion, 3 cloves, 1 blade of mace, 12 whole peppers, 1 bay leaf, a small sprig of thyme, and 2 sprigs of parsley; cover with vinegar, and bake 30 minutes in a hot oven; then carefully remove to a long, deep dish; strain the vinegar, pour it over the mackerels, and serve when cold.

Fresh Mackerel à l'Anglaise.—Place a wide saucepan with 2 quarts water over the fire, add 1 heaping tablespoonful salt, 1 bay

leaf, 1 blade of mace, 1 sprig of thyme, 2 cloves, 8 whole peppers, 2 sprigs of parsley, and 1 pint of white wine. Select 3 large well-cleaned fresh mackerels, remove the heads and tails, and cut each mackerel into 2 pieces; as soon as the mixture boils put in the fish; when boiling again, draw the saucepan to side of stove, letting it remain without boiling for 10 minutes; then carefully remove the fish, dress on a hot dish, and serve with oyster sauce.

Fresh Mackerel à l'Allemande.—Select 3 large fresh mackerels, make a small opening near the heads, draw out the entrails, then wash and dry with a clean soft towel; cut with a sharp knife 3 small incisions on both sides of each fish. Mix 1 even tablespoonful salt with ½ even teaspoonful pepper, and sprinkle in equal portions over each fish. Butter a shallow baking pan, lay the mackerels in, sprinkle over 1 fine-chopped onion, and pour over each fish a little melted butter; put ½ cupful Rhine wine in the bottom of pan, add ¼ cupful mushroom liquor, cover the fish with buttered paper, place the pan in a medium-hot oven, and bake till done—about 20 to 25 minutes. In the meantime prepare the following sauce: Put into a small saucepan 1 tablespoonful fine-chopped shallot or white onion, ½ clove of bruised garlic, 2 tablespoonfuls fine-chopped mushrooms, ½ even teaspoonful pepper, 1 even teaspoonful salt, cook and stir 6 minutes without browning; then add 1 tablespoonful flour, stir for a few minutes, add 1 pint of broth, cook slowly 5 minutes; then draw the saucepan to side of stove, adding ½ tablespoonful fine-chopped parsley. Mix the yolks of 2 eggs with the juice of ½ lemon, add slowly to the sauce, and as soon as the fish is done remove carefully to a warm dish, adding the gravy from the mackerels to the sauce, mix well, add small piece of butter, stir until melted; then pour over the fish. Serve with potatoes à l'allemande.

Spanish Mackerel, Broiled.—[*Seasonable from March to the latter part of October*]. Procure 2 fresh Spanish mackerel. Make a small opening in the fish near the head, draw out the entrails, wash in cold water, and wipe dry; then make an incision down the back

to the bone. Mix 1 even tablespoonful salt with 1 even teaspoonful pepper, rub this evenly all over the fish; then pour 1 tablespoonful olive oil over each fish; let lie 15 minutes; then place on a hot broiler over a moderate fire; when done on one side turn over (8 minutes' broiling on the meat side and 4 on the skin side is usually sufficient to cook through). When done, lay the fish on a hot dish, put ½ tablespoonful maître d'hôtel butter inside of each, and serve with maître d'hôtel sauce or melted butter and baked potatoes.

Spanish Mackerel en Papillate.—Prepare some fine herbs as follows: Place a small saucepan with 2 ounces butter over the fire, add 3 tablespoonfuls fine-chopped white onion and 1 small clove of bruised garlic, stir, and cook 3 minutes; then add 3 tablespoonfuls fine-chopped mushrooms, 1 even teaspoonful salt, ½ even teaspoonful pepper, cook and stir 5 minutes; remove from fire and add ½ tablespoonful fine-chopped parsley. Select 2 large Spanish mackerels, wash, and wipe dry; make 2 incisions in each and season with 1 even tablespoonful salt and 1 even teaspoonful pepper. Cut 4 thin slices from a boiled smoked ham; spread 2 sheets of white paper with butter, lay on one side of each sheet a long, thin slice of boiled ham; over this put 1 tablespoonful of the fine herbs, on top of this the mackerels, and spread the remaining fine herbs equally divided over each fish; cover with a slice of ham, fold the paper around the fish, and tie at ends and center with a tape; lay in a shallow tin pan, place in a medium-hot oven, and bake 25 minutes. To ascertain whether the fish is done put a larding needle through the center; if it penetrates easily, it is done; if not, bake a little longer. When done, carefully transfer to a hot dish, remove tapes, leaving the paper undisturbed (if boiled ham is not handy, take very thin slices of larding pork). In place of baking, the mackerels can be broiled on each side about 10 minutes.

SALT MACKEREL.

Salt Mackerel, Fried.—Clean and wash 2 salt mackerels several times in cold water, place into a deep dish, cover with cold water, and let lie over night, changing the water once during that time; 20 minutes before serving take out the mackerels, rinse in fresh cold water, and wipe dry with a towel; cut off the heads and tails, cut each fish into halves, and roll in flour. Place a frying pan with 1 tablespoonful lard or clarified drippings over the fire; as soon as hot put in the mackerels and fry light brown on both sides. Serve on a hot dish with potatoes boiled in their jackets and onion sauce à l'allemande.

Salt Mackerel, Broiled.—Soak the fish for 24 hours in cold water, changing the water twice during that time; 20 minutes before serving take the fish out, rinse in fresh cold water, and wipe dry; rub a little melted butter over each on both sides, place with the split side downward on a gridiron over a moderate fire, broil 6 minutes, then turn over and broil 3 minutes on the skin side. Lay on a warm dish and pour a little melted butter over each (or lay small pieces of butter over the fish); set for a few minutes in the oven, then serve. Mackerel prepared in this way is very nice covered with a butter, egg, or caper sauce and decorated with small German potatoes previously boiled in their jackets, then freed from the skin, and laid around the fish.

Salt Mackerel boiled with Potatoes.—Wash 6 large potatoes, pare off a piece of the skin $\frac{1}{2}$ inch around each, place in a wide saucepan, cover with cold water, and set over the fire to boil. Wash and clean 2 salt mackerels, and when the potatoes are nearly done lay the mackerels on top of them and boil slowly 5 minutes. Then carefully remove the mackerels with a skimmer to a warm dish and put a few pieces of butter on each; when the potatoes are done drain off the water, return for a few minutes to the fire, and serve with the fish.

Salt Mackerel with Cream Sauce.—Wash 2 salt mackerels several times in cold water, place in a large, deep frying pan, cover with cold water, put over the fire, and let come to a boil; then drain off the water, return the mackerels to the fire, and again cover with fresh cold water; boil 5 minutes; then carefully remove the fish with a skimmer, lay on a warm dish until the following sauce is prepared: Place a small saucepan with 1 tablespoonful butter over the fire, add 1 tablespoonful flour, stir and cook 3 minutes; add 1½ cup boiling milk, stir and cook a few minutes; then draw saucepan to side of stove. Mix the yolk of 1 egg with a little cold milk, add gradually to sauce, add 1 tablespoonful fine-chopped parsley and a small piece of butter, mix well, and pour it over the mackerels. Garnish with a border of small potatoes previously boiled with their skins and then peeled.

HERRING.

Fresh Herring Farci.—Remove heads and tails from 6 fresh herrings, split through the back, remove the spine and bones, wash and wipe dry; then spread out on a clean napkin, season with 1 even tablespoonful salt, lay the milt over them, if there be any; let lie until the following forcemeat is prepared: Place a small saucepan with 1 tablespoonful butter over the fire, add 2 tablespoonfuls fine-chopped onion, cook 3 minutes; then add 2 tablespoonfuls fine-chopped mushrooms, cook for a few minutes; add 1 tablespoonful flour, stir 2 minutes; then add 1 cup of white broth, 4 tablespoonfuls white wine, stir and cook 5 minutes; remove from fire, add 1 teaspoonful fine-chopped parsley, ½ even teaspoonful pepper, 1 even teaspoonful salt; when cold, mix it with ½ pound of sausage meat, 2 tablespoonfuls grated bread crumbs, and 1 egg. Spread over the inside of each fish 1 tablespoonful of this, and lay each one together again into its natural form. Spread a thin layer of the same forcemeat over the top of each. Mix in a soupplate the yolks of 3 eggs with 1 ounce melted butter and ½ even teaspoonful salt; dip the fish into the egg, then roll in fresh grated bread crumbs, lay in a

shallow tin pan, and bake in a hot oven to a delicate brown about 20 minutes. Serve with tomato sauce. Fresh mackerel may be prepared in the same way.

Fresh Herring, Fried.—Clean, wash, and dry the fish, cut off the fins and tails, sprinkle with salt, pepper, and lemon juice, and set aside for 1 hour. Shortly before serving, wipe dry and dredge with flour. Dip first into beaten egg, then in fine bread crumbs or powdered crackers, and fry on both sides light brown in hot lard or drippings. Fry the roes in the same way. Serve with anchovy or tomato sauce, and garnish with fried parsley. Or fill herrings with bread filling, sew them up, dip into beaten egg and fine bread crumbs, and then fry in lard or pork. Another way is to season the fish with salt, roll in flour, and fry in larding pork or lard.

Salt Herring, Fried.—Remove the skins and bones of several well-soaked herrings, cut off heads and tails, and cut each one into two pieces. Dry and dredge with flour, dip into beaten egg, then into fine bread crumbs, and fry in hot lard nice and brown. Or dip the pieces into a batter and then fry.

Salt Herring, Broiled.—Soak the herrings for 24 hours, changing the water 3 times during that time. Then take out, wipe very dry, and wrap each in a thickly buttered paper. Lay on a hot broiler and broil 5 minutes on each side. In serving, remove paper, lay on a warm dish, pour some melted butter over, or lay a piece of butter on each. Fresh herring and mackerel may be dressed in the same way.

Herring Salad.—See my book Desserts and Salads, recipe 899.

Herring with Mayonnaise.—Rub the yolks of 2 hard-boiled eggs fine, mix by degrees with ½ cupful oil, and stir until white and creamlike; add 1 tablespoonful vinegar, ½ cup thick, sour cream, ½ teaspoonful salt, and 1 of sugar. Take 3 herrings which have previously been soaked 24 hours in cold water; remove the

skin and bones, cut each fish slantingly into 3 pieces, and put on a round dish; pour the above mayonnaise over, garnish with green lettuce and hard-boiled eggs; cut into quarters and serve. In place of the above sauce a rémolade sauce may be poured over the fish.

Herring aux Fines Herbes.—Soak 6 salted herrings for 24 hours in cold water, changing the water 3 times during that period; then take out, remove heads, skins, and tails; split in two, and lay for 12 hours in sour milk. After that rinse in cold water, wipe dry, and lay in a stone jar. Rub the herring milt fine and mix with 3 fine-minced onions and $1\frac{1}{2}$ pint wine vinegar; pour this over the fish, cover the jar with paper, and let stand for 3 days. In serving, cut each half of the herring into 3 pieces slantingly, and lay on an oval dish; then prepare the following sauce: Fry 6 fine-chopped button mushrooms and 2 fine-chopped white onions in 2 ounces butter 5 minutes; mix with 1 gill of salad oil, add some of the pickle in which the herrings laid, and pour it over the fish. Garnish with cut lemon and mixed pickles.

Herring Rolls.—Soak several herrings in cold water for 24 hours, changing the water twice; then take out, split through the back, remove all the bones, heads, and tails, cut each herring into halves, and lay for 12 hours in sour milk or water. After that take out, wipe dry, and spread on a board. For 6 herrings mix 3 fine-minced onions, 2 tablespoonfuls English-made mustard, or 4 tablespoonfuls French mustard; spread some of this mixture over the inside of each fish, and roll up; fasten with a wooden toothpick or bind with a string. Lay the rolls in a stone jar with 1 lemon cut into slices and freed from the pits, 2 large onions cut into slices, 3 bay leaves, 1 tablespoonful whole peppers, and some capers; stir the milt of the herring fine, mix with 1 quart vinegar, and pour over the herrings; tie the jar up with paper and set in a cool place. After 4 days they are ready to be eaten.

Herring Marinière.—Soak 10 herrings for 24 hours in fresh water, changing the water 2 or 3 times during that time; then

take out, clean and wash, lay in a stone jar, with 3 large sliced onions, 4 bay leaves, 6 cloves, and 1 tablespoonful whole peppers; stir the milt to a cream, mix with ½ pint vinegar, add it to the herrings; add sufficient vinegar to entirely cover the fish; close the jar, and set in a cool place. After 4 days they are ready for use. Or remove the skin and bones of the herrings, split the herrings in two, cut off heads and tails, roll up each half of fish, and fasten with a little pointed piece of wood or toothpick; lay them with sliced onions and spice in a stone jar, add the milt stirred to a cream, and boil sufficient vinegar to cover the herrings. Let it cool off, and pour over the fish; cover and set away for 4 days, when they can be eaten. *The imported herring from Holland is to be used for all of these recipes.*

Herring à l'Italienne.—Lay 3 Holland herrings for 6 hours in cold water, changing the water twice; then make with a sharp knife 2 incisions on sides of each, from the head down to the tail, leaving on each side a margin of 1 inch, pull off the skin, pare the head and tail, remove the entrails, and lay the fish for 2 hours in milk with a piece of ice. Shortly before serving cut each herring slantingly into 4 pieces and lay in their original form on a glass dish, then chop fine 2 tablespoonfuls capers; dip 1 sprig of parsley into boiling water, remove instantly, and chop fine; add 1 tablespoonful of the chopped parsley to the capers, add ½ even teaspoonful white pepper, 4 tablespoonfuls olive oil, 3 tablespoonfuls herb vinegar, and 1 tablespoonful tarragon vinegar (if not handy take white vinegar); mix all together, and pour over the herrings; sprinkle over the chopped yolks of 2 hard-boiled eggs, and garnish with 18 olives, prepared as follows: Lay the salted olives for several hours in cold water, changing the water twice; then peel from the stone, press together so as to give their original form again, lay between and around the herrings, and serve.

FRESH CODFISH.

Fillets of Codfish au Gratin.—Remove the skin and bone from 3 thin slices of fresh codfish, cut each slice into 2 pieces; season with 1 even tablespoonful salt, ½ teaspoonful pepper, and sprinkle over the juice of 1 lemon; lay the fillets in a thickly buttered pan, add ½ cupful white wine, and cover with buttered paper; 20 minutes before serving place in a hot oven to bake, basting frequently. At the same time melt 1 tablespoonful butter in a saucepan, add 1 heaping tablespoonful flour, stir for a few minutes; then add 1 cupful white broth, ½ cup mushroom liquor, ½ teaspoonful salt and pepper, cook 5 minutes; mix the yolks of 2 eggs with 3 tablespoonfuls cream, add it slowly to the sauce; remove from fire, and add 1 tablespoonful lemon juice; set saucepan in a cool place. As soon as the fish is done cover each fillet with the sauce, sprinkle over 3 tablespoonfuls grated cheese, and 3 tablespoonfuls grated bread crumbs; return the pan for a few minutes to the hot oven, to bake light brown. Arrange the fish nicely on a warm dish, garnish with fried tomatoes, or serve with tomato sauce.

CODFISH.

In season the year round.

Codfish boiled Whole.—Place a saucepan with 1 gallon water over the fire; as soon as it boils, add 4 tablespoonfuls salt, 3 fine-cut onions, 1 carrot, a bunch of parsley tied together with 2 sprigs of thyme, 2 bay leaves, and 3 cloves; add 12 whole peppers and ½ pint white vinegar, boil 30 minutes; then strain the stock through a napkin, and set aside. Clean and wash a 6-pound codfish, place it on a drainer in a fish kettle, pour over the cold stock, set it over a quick fire; as soon as it commences to boil draw the kettle to side of stove and let simmer till the fish is done. When ready to serve lift the fish out of kettle and slide it on to a warm dish; serve with boiled potatoes and sauce Hollandaise or oyster sauce; garnish with parsley.

Codfish, Boiled.—Place a fish kettle with 3 quarts water over the fire, add ½ cup of white vinegar, 3 tablespoonfuls salt; as soon as it begins to boil, add ½ carrot and 1 onion cut into slices, a bouquet, and 8 whole peppers; boil 10 minutes. Procure a 4-pound piece of fresh codfish, wash and place it in the kettle; when boiling again, draw the kettle to side of stove and let simmer 30 minutes, or until done. When ready to serve, slide the fish on to a warm dish, and serve with egg, mustard, or shrimp sauce and boiled potatoes; garnish with parsley.

Codfish, Baked.—Procure a small-sized fresh codfish; clean, wash, and season it with salt and pepper; place in a covered dish or kettle, add 2 sliced onions, ½ bunch parsley, the juice of 1 lemon, 2 sprigs of thyme, and 1 clove of garlic; cover and let it lay 2 hours. In the meantime melt 2 ounces of butter in a saucepan, add 1 fine-chopped onion; cook 5 minutes; then add 2 ounces of bread, previously soaked and pressed out in cold water, stir until the bread has formed into a smooth paste; remove from fire, and when cold mix with 1 pound fine-chopped fresh codfish; add 1 teaspoonful seasoning salt, 1 even teaspoonful thyme, and 1 egg, and mix all together; 1 hour before serving wipe the fish dry, fill with the forcemeat, and sew up. Lay 4 thin slices of larding pork in the bottom of a baking pan, the fish over it, 3 thin slices of larding pork on top, and pour a little melted butter over; place the fish in a hot oven, and bake till done, basting it occasionally with its own gravy (if it should get too brown, cover with a buttered paper). When done, remove the fish carefully to a warm dish, and serve with mustard or Hollandaise sauce.

Codfish, Fried.—Cut 3½ pounds fresh codfish into slices, remove the skin and center bone, cut each slice in two; sprinkle 1½ even tablespoonful seasoning salt over the slices, equally distributed on both sides, and dust them lightly with flour. Place 6 soda crackers on a pastry board, roll fine with a rolling pin, sift the crumbs through a sieve, roll those which stay back in the sieve

again. Beat 1 egg in a soupplate until light; take each piece of fish separately up on a fork and dip into the beaten egg, then roll in the cracker crumbs. Lay the slices thus prepared on a clean board or dish; place a frying pan with 6 ounces fine-cut larding pork over the fire, and fry till it begins to turn a light-brown color; pour part of the pork in a small saucepan, then place as many of the fish pieces in the pan as will conveniently go in, and fry to a delicate brown on both sides (care must be taken not to have the fire too strong; the pork in saucepan should be added as required during the frying). Serve the fish on a warm dish, with either mustard or Tartar sauce, or butter. Baked or boiled potatoes are generally served with this.

Fresh Codfish à l'Allemande.—Remove the skin and bone from 3 slices of fresh codfish; cut each slice in 2 pieces, wash, and wipe dry; season with 1 tablespoonful seasoning salt; lay in a covered dish with 1 large onion cut into slices, the juice of 1 lemon, 1 sprig of thyme, ½ bunch parsley; cover the dish and let stand 1 hour. In the meantime take a small loaf of stale baker's bread and grate it on a grater; put 1 egg in a soupplate, and beat it till light. Twenty minutes before serving, wipe the fish pieces dry and dust lightly with flour, dip each piece separately into the beaten egg, then roll in the bread crumbs; lay on a clean board and pat smooth with a knife. Place a frying pan with 1 ounce pure lard and 1 ounce butter over the fire; as soon as hot put in as many of the fish pieces as will conveniently lie in the pan; fry to a delicate brown on both sides over a moderate fire (adding more lard and butter if necessary). Pick over 1 pint of corn salad, wash it in cold water, and drain on a sieve; mix 1 tablespoonful salad oil with 2 tablespoonfuls vinegar and ¼ teaspoonful seasoning salt, put the corn salad in a dish, pour over the dressing, and mix with 2 forks. When ready to serve, arrange the fish nicely on a warm dish, put the salad in a circle around it, and serve with Tartar sauce à l'allemande. Peel 1 quart small German potatoes, boil them in 1

quart of water, with 1 tablespoonful salt, 8 minutes; then drain, and dry for a few minutes over the fire. Melt 1½ ounce butter in a large frying pan, put in the potatoes, and fry till done. If the pan is not large enough to hold all, fry part of them, and when done fry the remainder, using a little more butter if necessary. Serve the potatoes in a covered dish and sprinkle 1 teaspoonful chopped parsley over. In place of butter, drippings or lard may be used, but will not be so nice.

In place of corn salad, lettuce, chicory, or water cress may be used, or the fish may be served with potato salad. For Potato Salad, see my book Desserts and Salads, recipe 892.

Boiled Codfish Tongue with Black Butter.—Place a saucepan with 3 pints water over the fire; when it begins to boil add 1 fine-cut onion, 1 small-cut carrot, a bouquet, 8 whole peppers, 1 gill of vinegar, 1 heaping tablespoonful salt, boil 10 minutes; then add 12 well-washed fresh codfish tongues, boil slowly 10 minutes; then draw the saucepan to side of stove, let stand without boiling 5 minutes; then remove, drain, and wipe them dry, arrange the tongues on a hot dish, and sprinkle over 1 teaspoonful fine-chopped parsley. Boil 1 gill of vinegar with a little salt, 4 crushed peppers, ¼ bay leaf, 5 minutes, then strain. Melt 4 ounces butter in a small saucepan, let it get dark brown, remove the scum, add the vinegar, and pour it over the tongue.

Boiled Codfish Tongue with Pepper Sauce.—Boil 1 dozen tongues as in foregoing recipe; place a saucepan with 1 ounce butter, 1 tablespoonful fine-chopped onion, and ½ fine-chopped green pepper over the fire, cook 5 minutes; add ½ cupful fine-chopped mushrooms, 1 teaspoonful salt, ½ teaspoonful pepper, cook 5 minutes longer; then add 1 cupful fine-cut tomatoes, ½ teaspoonful sugar, boil slowly 10 minutes. Arrange the tongue on a hot dish, pour the sauce over, garnish the dish with 6 rice timbales, and serve.

Codfish Tongue, Fried.—Dust 12 cold boiled codfish tongues with flour, dip them into beaten egg, then roll in fine bread crumbs,

and fry to a fine color in hot fat; dress them on a warm dish, spread 2 ounces maître d'hôtel butter over, and garnish with 6 slices of buttered toast or croûtons.

Codfish Tongue à l'Allemande.—Boil 12 fresh codfish tongues as in preceding recipe. Arrange them on a warm dish, pour 1 pint of hot sauce à l'allemande over, and lay a border of cooked nudles around the dish; or serve with the boiled potatoes. Boiled codfish tongues may be served with following sauces: Hollandaise, horseradish, gourmet, oyster, tomato, egg, Robert, caper, and mustard.

SALT CODFISH.

Salt Codfish Croquettes.—Soak 1 pound salt codfish in cold water for several hours, then pick it into small pieces, place in a saucepan over the fire, cover with cold water; when nearly boiling, pour the fish into a colander, rinse off with cold water; return it in a saucepan to the fire, cover with cold water; when nearly boiling, remove and drain the fish on a sieve. Place a saucepan with 1 ounce butter and 1 fine-chopped onion over the fire, cook 5 minutes; add 1 tablespoonful flour, stir 3 minutes; then add $\frac{1}{2}$ cupful milk, $\frac{1}{4}$ teaspoonful white pepper, $\frac{1}{2}$ teaspoonful English mustard, cook 3 minutes; add the codfish, 1 teaspoonful fine-chopped parsley, 1 well-beaten egg, and 1 yolk; stir for a few minutes over the fire; then spread the mixture in a tin pan, and set aside to cool. Shortly before serving form the mixture into small croquettes, dip them into beaten egg, roll in bread crumbs, and fry in hot fat to a delicate brown; serve with caper sauce or tomato sauce à l'allemande.

Salt Codfish à l'Espagnole.—Soak $1\frac{1}{2}$ pound salt codfish for several hours in cold water, changing the water twice. One hour before serving pick the fish into small pieces, place it in a saucepan over the fire, cover with cold water; when nearly boiling, pour the codfish into a sieve and rinse off with cold water; return it in saucepan to the fire, cover with fresh cold water; when nearly boil-

ing, remove and drain again. In the meantime place a saucepan with 2 ounces butter or 4 tablespoonfuls oil over the fire, add ½ cupful fine-chopped onion, 1 fine-chopped green pepper, 1 bruised clove of garlic; cook and stir 5 minutes; add 1 cupful canned tomatoes (or 2 fresh tomatoes), 1 pint boiling water, 1 teaspoonful beef extract; peel 6 large potatoes, cut them into round balls with a vegetable cutter, wash in cold water, and add to the saucepan with 1 teaspoonful salt; cook till the potatoes are done; then add the fish, let it get boiling hot; serve on a hot dish, and sprinkle 1 tablespoonful fine-chopped parsley over.

Codfish à l'Italienne.—Soak 1 pound of salt codfish 3 hours in cold water, changing the water twice during that time; then pick it into fine pieces, place it in a saucepan over the fire, cover with cold water, let it heat gradually until nearly boiling; pour the fish into a sieve, and rinse off with cold water; return the fish to saucepan, cover with fresh cold water, place over the fire until nearly boiling, then remove and drain in a sieve. At the same time peel 6 medium-sized potatoes, wash and put them with 1 pint cold water and 1 teaspoonful salt over the fire; boil till tender; drain and mash fine with ½ tablespoonful butter. Melt in a small saucepan 1 ounce butter or 3 tablespoonfuls of oil, add ½ cupful fine-chopped onion, cook 5 minutes; add 1 tablespoonful flour, cook and stir 2 minutes; add ½ pint of milk, and cook 5 minutes; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, add the codfish, the mashed potatoes, the yolks of 2 eggs, and the whites beaten to a stiff froth. Put this preparation into a pudding dish, smooth the top with a knife, and sprinkle 3 tablespoonfuls grated cheese over; place in a hot oven, and bake light brown. Serve with stewed tomatoes.

Salt Codfish à la Rosano.—Soak 1 pound salt codfish for several hours in cold water, changing the water twice during that time. One hour before serving, peel and wash 6 medium-sized potatoes, place them with 1 teaspoonful salt and 1 pint cold water

over the fire to boil. In the meantime pick the codfish into small pieces, place it in a saucepan over the fire, cover with cold water, let it come to a boiling point; then drain off the water, rinse with cold water, return the fish to the saucepan, cover with cold water, heat till nearly boiling; pour the fish in a sieve to drain. Melt 1 ounce butter in a saucepan, add 1 fine-chopped onion, and cook 5 minutes; then add 1 tablespoonful flour, stir and cook 2 minutes; add ½ cup of milk, 1 even teaspoonful seasoning salt, 2 tablespoonfuls chopped mushrooms, cook 5 minutes; then add the fish. As soon as the potatoes are done, drain off the water and mash them fine; add ½ tablespoonful butter and the codfish, mix all well together; add the yolks of 2 eggs and 1 whole egg, form this into balls the size of an egg and then shape into pyramids, set in a pan, brush over with beaten egg, and bake light brown in a hot oven. Serve with tomato sauce.

Codfish à la Crême.—Pick 1½ pound of well-soaked salt codfish into small pieces, put it in a saucepan over the fire, cover with cold water, let it heat gradually to nearly boiling, then drain; cover again with fresh cold water and return to the fire; when about to boil, remove instantly, and pour the fish into a sieve. Melt 1 ounce butter in a saucepan, add 1 small tablespoonful flour, stir and cook 2 minutes; add 1 cup of milk, cook 3 minutes. Mix the yolks of 2 eggs with ¾ cupful cream, add to the sauce; add 1 ounce butter in small pieces, and, last, the fish; stir over the fire till nearly boiling, then remove. At the same time have 1 quart peeled potatoes boiled in 1 quart water, with 1 tablespoonful salt; when done, drain, mash, and mix them with 1 ounce butter; put them into small buttered timbale forms, and keep them warm. When ready to serve, dress the fish on a hot dish, unmold the potato timbales, set them in a circle around the dish, and sprinkle a little fine-chopped parsley over all; then serve. Another way is to dress the dish alternately with potatoes Tortonia, and stuffed and baked tomatoes.

Codfish à l'Allemande.—Soak 1½ pound salt codfish for several hours in cold water; 1 hour before serving, pick it into small pieces; place the codfish in a saucepan, cover with cold water; set over a slow fire, and let heat gradually till nearly boiling; drain off the water; cover with fresh cold water, return to the fire, and let come to a boil; then drain the fish in a sieve, and rinse off with cold water. Place a saucepan with 1 ounce butter over the fire, add 1 tablespoonful flour, stir for a few minutes; add 1 pint white broth (or 1 pint boiling water), 1 teaspoonful beef extract, and boil 5 minutes. Mix the yolks of 2 eggs, with the juice of ½ lemon, add a little of the sauce first to the eggs, then gradually the eggs to the sauce; add the fish, 2 tablespoonfuls cream, and ¼ teaspoonful pepper; stir over the fire till boiling hot. At the same time clean 2 large carrots and 4 large potatoes, cut them with a vegetable cutter into small round balls; place the carrot balls in a saucepan over the fire; add 1 teaspoonful sugar, cover with boiling water, and cook till tender; then drain, add a small piece of butter, and toss them for 2 minutes over the fire. Boil the potato balls in 1 pint water and 1 teaspoonful salt; when done, drain off the water and set in a warm place. Rub the yolks of 3 hard-boiled eggs fine, add 1 teaspoonful butter, a sprinkle of salt and nutmeg, also 1 raw yolk, and a little flour; form this into 12 small balls like marbles, roll in flour, and boil 5 minutes in salted water; remove the egg balls with a skimmer. Arrange the codfish on a warm dish, lay the egg balls, the potato balls, and the carrot balls in clusters around the dish, chop the whites of the eggs fine, and sprinkle them with 1 tablespoonful fine-chopped parsley over the dish, then serve.

Codfish à l'Americaine.—Soak 1½ pound salt codfish over night in cold water, changing the water several times; then pick into small pieces, place in a saucepan over the fire, cover with cold water, let heat gradually; when nearly boiling drain off the water; return the codfish to the fire, with fresh cold water, again let heat gradually till just about to boil, then drain the fish in a sieve. Melt

1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add 1 pint milk, boil three minutes; then add the codfish, stir until it boils. Pour the codfish on to a warm dish, and serve with mashed potatoes. Another way is to put the prepared codfish in a saucepan over the fire, cover with 1 pint milk, mix 1 tablespoonful flour with 1 tablespoonful butter, add it to the fish; stir until just about to boil, then serve. If any of the fish is left, it may be mixed with mashed potatoes and 1 egg, then formed into cakes and fried in fat.

Salt Codfish, Boiled.—Soak 3 pounds salt codfish for several hours in cold water, changing the water twice; 2 hours before serving lay the codfish into a saucepan, cover with cold water, and set on side of stove to heat the fish gradually (care must be taken not to let it boil). When nearly boiling drain off the water, return to the saucepan with fresh cold water, and again let it come nearly to a boil; repeat this once more, then dress on a warm dish, and serve with butter sauce, Worcestershire sauce, and English mixed mustard.

Codfish Cakes.—Soak 1 pound of codfish in cold water for several hours, then place it in a saucepan over the fire, cover with cold water; as soon as it begins to boil drain off the water, cover again with cold water, and let it come to a boiling point; then drain off all the water, remove the bones, chop the fish fine, and mix it with an equal portion of mashed potatoes; add $\frac{1}{2}$ tablespoonful butter and 1 egg; form the mixture into round balls the size of an egg, flatten, and fry light brown in drippings or lard; serve on a hot dish with catsup.

Codfish Balls à la Patricia.—Prepare the codfish and potatoes as in foregoing recipe, form it into small balls like a walnut, then dip each one first into flour and then each separately into beaten egg, and cover with bread crumbs; drop into boiling fat, fry light brown, remove with a skimmer, lay for a few minutes on paper, and serve on a hot dish.

SALMON.

Seasonable the year round.

Where found, etc.—The salmon are of great importance to man as an article of food, and are the most esteemed of any fresh-water fish. The species, which are numerous, inhabit the sea and fresh water; they are found in the northern waters of Europe, Asia, and America; none have been found in South America, the East Indies, or Africa. Their flesh is red-colored and delicate, and of excellent taste. Their average weight as they are sold in our markets is from 2½ to 30 pounds, and it is said that they obtain a weight as high as 60 to 70 pounds. During the month of September salmon advance very much in price; then again fresh salmon caught on the Atlantic coast go out of season at the end of this month. Fresh salmon in the Columbia River are caught all the year round, and are shipped in refrigerator cars and received daily in our markets.

How to truss and boil a Whole Fish.—Select a medium-sized fresh salmon, clean, and wash it; then thread a trussing needle with fine, strong cord, pass the needle first through the eyes of the fish, then tie the cord under the jaw; next pass the needle through the center part of the body, draw the string tightly, so that the head is drawn to the left side close to the body of the fish; then fasten the string round the end of the tail (this gives the fish the form of the letter S). All large fish which are prepared either for boiling or baking can be trussed the same way; another way is to simply tie a string around the head of the fish. After preparing in this way, place on the grating of a fish kettle, cover with cold water, add for every 2 quarts of water 1 heaping tablespoonful salt, 2 onions cut into slices, 1 sliced carrot, a bouquet, and ¼ cup vinegar; place the kettle over a quick fire; as soon as it boils draw the kettle to side of stove, and let simmer till done, which may be known by the fish rising to the surface; or pass a larding needle

through the center of the fish and if it penetrates easily it is done; if not, it has to remain longer over the fire. Shortly before serving lift the drainer with the fish out of the water, set it for a few minutes on top the kettle, then slide it on to a warm dish, garnish with parsley, and serve with egg or oyster sauce or melted butter. If the fish is served at a dinner party, it is best to have both melted butter and a sauce, as some may object to sauce. Plain peeled boiled potatoes are served with this fish. All large fish are boiled the same way.

Boiled Salmon served cold with Mayonnaise.—Boil a medium-sized salmon as directed in foregoing recipe; when done, slip on to an oval-shaped dish and set in a cold place. Shortly before serving remove the upper skin, cover the whole fish with mayonnaise, lay a border of chopped aspic around the dish, and serve, sending some mayonnaise in a sauce bowl to table with it. In place of a whole fish, a piece of the salmon may be taken.

Salmon, Boiled.—Place on a grate in a fish kettle a piece of fresh salmon weighing about 2½ pounds, and cover with boiling water; add 1 heaping tablespoonful salt, 1 onion cut into quarters, 1 small carrot, 6 whole peppers, a bouquet, and ½ gill of white vinegar, and set the kettle over a strong fire; as soon as it begins to boil, draw the kettle to side of stove, letting it simmer (but not boil) 10 minutes; then remove the fish carefully to a warm dish, and serve either with melted butter, sauce Tartare, or oyster sauce. Another way is to procure a piece of fresh salmon, split it through the back, remove the bones, and cut into slices 1 inch in thickness, and lay on the grating of a fish kettle; place a fish kettle with water over the fire, add for every 2 quarts of water 2 tablespoonfuls vinegar, 1 heaping tablespoonful salt, a bouquet, and 1 onion; when the water boils put the grating with the fish pieces into the fish kettle, and as soon as the water begins to boil again remove to side of stove, where it stops boiling, letting it remain 10 minutes; then lift the grating up and place it on top of the kettle

to drain for a few minutes; now arrange the salmon on a warm dish, garnish with parsley, and serve with either melted butter-sauce Génevoise, sauce piquante, or sauce Robert. Boiled potatoes are usually served with this fish.

Salmon à la Bismarck.—Select a fresh salmon of 8 to 10 pounds, clean, wash, and wipe dry; rub 1 even tablespoonful salt on inside of fish; fill with fish forcemeat, sew it up, sprinkle over the juice of 2 lemons and 1 tablespoonful salt, and set the fish in a cool place for 1 hour; then lay 4 thin slices of larding pork on a fish grating, place the fish over the pork; lay also 4 slices of it in the bottom of the fish kettle, set the grating in the kettle, add 1 bottle Rhine wine, and sufficient white broth to reach half way up the fish; add a large bouquet, 2 medium-sized onions, 1 carrot, 2 ounces lean raw ham cut into small pieces, and 12 whole peppers; cover and place the fish kettle over the fire, and as soon as boiling remove the cover, lay a piece of buttered paper over the fish, and set kettle in the oven, to bake 20 minutes; then turn the fish over, return to the oven, and roast till done, basting frequently. When done, lift it out and slide on to a warm dish; brush the top over with a glaze, and return for a few minutes to the oven; when ready to serve, lay 24 small button mushrooms cooked in butter and 24 small cooked truffles, in clusters, around it; add to this 12 large decorated fish forcemeat balls, previously boiled in salted water; have 12 boiled crawfish prepared, and place them between the clusters; take two hartlets and put on to each one a few truffles and mushrooms and 1 crawfish; stick the hartlets into the fish 3 inches from the head, and the other 3 inches from the tail. Serve with Hollandaise sauce.

Salmon Mouseline.—Rub 1 slice of salmon freed from skin and bones through a sieve. Weigh it; there should be ½ pound. Cook 1 tablespoonful each of butter and flour; add 1 cupful milk; stir and cook to a thick, smooth sauce; add the yolks of 2 eggs;

stir a minute and set aside to cool. Put the salmon in a bowl; add slowly the whites of 2 eggs, stirring constantly with potato masher; next add sauce, and rub all well together; add 1 teaspoonful salt, a little grated nutmeg and Cayenne pepper; place 1 hour on ice. Add last ½ pint of whipped cream. Fill mixture in buttered and decorated molds, set them in a pan with a little water, cover with buttered paper, and poach in a medium oven till firm to touch; remove, unmold, and serve with lobster or cream sauce.

Salmon à la Richelieu.—Procure a fine salmon and cut it into slices about ¾ inch thick, beginning near the head; lay the slices on a deep dish, sprinkle over some salt, pour over 3 or 4 tablespoonfuls of olive oil, add a handful fresh parsley, 2 onions cut into slices, and the juice of 1 lemon; cover and let stand 30 minutes; bake the head in the oven till done with butter and a little larding pork. Place the salmon pieces on a hot broiler over a moderate, clear fire, broil light brown, first on one side, then on the other, brushing over occasionally with a little olive oil while broiling. When done remove the fish to a warm place. Take the head from the oven, join it with the other pieces to give the fish its original form again, brush it over with glaze, garnish with oysters en cassée, and serve with sauce Béarnaise. In place of a whole salmon, part of one may be taken, and served with melted butter and boiled potatoes.

Salmon Grillé à la Periggueux.—Cut 2 pounds fresh salmon into 6 slices; season with 1 even tablespoonful salt and 1 even teaspoonful pepper; pour a little olive oil over each slice, lay in a covered dish with ½ handful fresh parsley, and let remain 30 minutes. Fifteen minutes before serving lay a sheet of oiled or buttered paper over a broiler, on this lay the salmon slices and broil on both sides till done (about 6 minutes on each side). Arrange the salmon on a warm dish, garnish with parsley, and serve with Madeira or truffle sauce.

Salmon à la Marinière.—Place a well-cleaned fresh small salmon on the grating in a fish kettle, add 2 onions with 2 cloves stuck into each one, 1 carrot cut into slices, a large bouquet, 1 tablespoonful whole peppers, and 1 heaping tablespoonful salt; add 1 bottle of red wine and sufficient cold water to barely cover the fish; place it over a strong fire, let it come quickly to a boil, then draw the kettle to side of stove, and let simmer till done, which will take about 1 or 1½ hour. Shortly before serving lift out the grating with the fish, remove the upper skin, slide it on to a warm dish, garnish with fried oysters and small fish forcemeat balls, brushing over a little of the sauce the fish is to be served with. Serve with sauce matelote.

Broiled Salmon in Paper.—Cut 2½ pounds of fresh salmon into 6 even slices, sprinkle over 1 tablespoonful seasoning salt (see SALT), rub the seasoning well into the fish, and brush the slices over with melted butter or fine olive oil; butter 6 sheets of white paper cut in the shape of a heart, inclose 1 slice in each sheet of paper, and twist the edges together; lay them on a broiler over a moderate fire, and broil 8 minutes on each side; then remove, and serve on a warm dish, leaving the paper undisturbed.

Salmon en Papilottes.—Procure 6 slices of fresh salmon ½ inch thick; pare these into oval shapes, 4 inches long and 3 inches wide; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, and place in a covered dish with 3 branches of parsley, 1 sliced onion, and 2 tablespoonfuls lemon juice, and let stand 20 minutes. In the meantime place a small saucepan with 1 ounce fine-chopped larding pork over the fire, add ½ clove of bruised garlic, cook and stir 5 minutes; then add 3 tablespoonfuls fine-chopped mushrooms, stir and cook 5 minutes; season with ¼ even teaspoonful pepper, 1 even teaspoonful salt, and remove from fire; add ½ tablespoonful fine-chopped parsley and set aside to cool; butter 6 sheets of writing paper, cut into heart shapes; on one side of each sheet place a teaspoonful of the above preparation, over this the salmon slices,

dividing the remaining preparation equally over the salmon; then inclose with paper; put into a baking pan and place in medium-hot oven; when the papers have swollen and have obtained a fine light-brown color, remove the papilottes, arrange them on a warm dish, and serve with fried potatoes à l'allemande.

Broiled Salmon with Sauce Béarnaise.—Procure 2 slices of salmon about ¾ inch in thickness; season with 1 even tablespoonful salt and the juice of ½ lemon; lay the slices in a covered dish, pour over 2 tablespoonfuls olive oil; add 1 fine-sliced onion and 2 sprigs of fresh parsley; cover and let lie 30 minutes. If the pure olive oil is not at hand, then brush the slices over with melted butter. Shortly before serving place the salmon on a hot broiler over a clear coal fire and broil till done; transfer the salmon to a warm dish, stir 1 tablespoonful butter to a cream, add slowly 1 tablespoonful lemon juice, spread this over the fish, and serve with sauce Béarnaise.

Broiled Salmon à l'Arminius.—Procure 2 pounds salmon and cut it into slices about ½ inch in thickness; brush them over with a little melted butter, then place on a hot broiler over a clear coal fire, and broil till done; lay the salmon on a warm dish, stir 2 ounces butter to a cream, add 1 even tablespoonful salt, ½ even teaspoonful pepper, stir until well mixed; then add the juice of ½ lemon, spread this equally divided over the fish, and serve.

Broiled Salmon à l'Americaine.—Have 2 pounds of salmon cut into slices ½ inch in thickness; lay on a gridiron and broil over a clear coal fire, on both sides; when done, remove from the fire, dress on a warm dish, sprinkle over some salt, lay over some butter in small pieces, set it for a few minutes in the oven, and serve.

Côtelettes of Salmon.—Procure 2½ pounds of fresh salmon, cut it into 6 even slices, season with 1 even tablespoonful seasoning salt, fry three minutes on each side over slow fire in butter, then remove; add to the butter in the pan 1 heaping tablespoonful flour,

stir a few minutes; add 1 cupful white broth, a little mushroom liquor, cook and stir 3 minutes; mix the yolks of 2 eggs, with the juice of ½ lemon, and add to the sauce; remove from fire, cover each slice of salmon with this sauce, and set aside until cold; then dip in beaten egg and bread crumbs, and fry in hot fat light brown; arrange the côtelettes in a circle on a warm dish, place a branch of parsley on the end of each côtelette, pour in the center of dish an oyster ragoût, or serve with Colbert sauce.

All fish with firm meat may be prepared the same way.

Salmon in Aspic.—Soak 4 ounces gelatin in 1 pint of cold water until soft; place a large saucepan with 2 quarts white broth over the fire, add 2 blades of mace, 1 bay leaf, 6 whole cloves, 12 whole peppers, ½ pint white vinegar, and ½ teaspoonful salt; boil 5 minutes; then add the gelatin, stir until dissolved. Beat the whites of 4 eggs to a stiff froth, add the juice of two lemons, and a little cold water, stir this into the broth, stir and boil 5 minutes; then draw the saucepan to side of stove, letting it stand 5 minutes. Set a doubler boiler with water in the under saucepan over the fire, place on top of the inner saucepan a sieve, lay a napkin in the sieve, pour the aspic in the napkin, not too much at once, leaving the double boiler on the hot stove until all the aspic has been strained, then set aside to cool. At the same time cut 4 pounds of fresh salmon into pieces 3 inches in size, place them on the grating of a fish kettle, add 1 heaping tablespoonful salt, ½ cupful vinegar, 2 onions, a bouquet, and 12 whole peppers; cover with 2 quarts boiling water; as soon as the fish boils, draw the kettle to side of stove, letting it simmer 5 minutes; then remove the salmon, take off the skin, lay on a plate, and set aside. When perfectly cold, wipe it dry with a soft napkin. In the meantime cut with a vegetable cutter into fancy shapes the whites of 2 hard-boiled eggs, 1 boiled beet, and the peel of 1 lemon; have ready also some fresh green peas, some green pickles, small white onions, and 3 boiled crawfish. Then brush the inside of a plain 3-quart mold with sweet almond

oil, turn the mold upside down for a few minutes; then set into fine-cracked ice, pour in sufficient aspic to cover the bottom of the mold; as soon as firm, lay a decoration over the aspic of the prepared ingredients; put each piece separately on a larding needle, and dip it first into the cold aspic; then lay in fancy designs over the aspic, putting the lemon alternately with the white of egg on the edge of the aspic, then a row of beets and peas. Lay in the center a boiled crawfish, which must be laid with its back downward, and everything with the best side down, so that when the dish is turned over it will look as if it were swimming; round the crawfish small white pickled onions (they can be bought in bottles as small as large peas); carefully pour over this a little aspic, and when firm add sufficient aspic to cover all. Then place 3 or 4 pieces of salmon over the aspic, lay in a circle around one piece of salmon small white onions, around the second the lemon peel with the yellow side downward, and around the third some green peas; decorate the edge with the white of egg and beets; carefully pour over some more aspic, and when firm, cover the whole again with a decoration; continue with the salmon, the decoration, and crawfish till all is used; then place the form on ice till firm. When ready to serve, lay a dish 2 inches wider than the aspic over the mold, turn the mold upside down on to the plate, and the aspic will slip on to the dish; serve with mayonnaise. If any cold fish is left over, a dish of this kind may be prepared with little trouble. If white broth is not at hand, take two quarts boiling water and 2 teaspoonfuls beef extract, or the white broth can be easily prepared of a small shank of veal or a part of a chicken.

Salmon, Pickled.—Boil the salmon as directed, either whole or a piece of salmon. Place a saucepan with 1 quart white vinegar and $^1/_2$ pint of water over the fire; add 12 whole peppers, 2 bay leaves, 6 cloves, 1 even tablespoonful salt, 1 tablespoonful sugar, 2 onions cut into slices, and let this boil 5 minutes; then set aside to cool; cut the boiled salmon into pieces, put in a stone jar, pour the pickle

over, cover, and keep in a cool place. Any cold salmon left over can be used for this. Another way is to cut the fish into pieces about 2 inches square, sprinkle with salt, roll in flour, and fry light brown on both sides in ½ lard and ½ butter. After the fish has cooled off lay in a stone pot; put in a saucepan sufficient water and vinegar to cover the fish, about ¾ vinegar and ¼ water; add a few onions cut into slices, some whole peppers and whole cloves, 2 bay leaves, and 1 lemon cut into slices and freed from pits. Boil this for 5 minutes, and when cold pour the pickle over the fish.

Salted Salmon, Broiled.—Place 3 pounds salted salmon in a vessel of cold water for 24 hours, changing the water twice during that time; then place the fish with clean cold water in a kettle over the fire, adding 1 onion, 1 carrot, a bouquet, and ¼ cup vinegar; let the fish come to a boil, then draw it to side of stove, letting it simmer till done; lift it from the kettle, place it on a warm dish, and serve with caper sauce and boiled potatoes; if any of the salmon is left, it may be chopped fine and mixed with mashed potatoes, taking 2 parts potatoes and 1 part salmon; add 1 egg, form the preparations into small round cakes, roll them lightly in flour, and fry on both sides to a delicate brown in lard or drippings.

Smoked Salmon, Boiled.—Place 2 pounds of smoked salmon in a saucepan over the fire and cover with cold water; as soon as it begins to boil, drain off the water, and cover again with fresh water; when it boils again, draw the saucepan to the side of stove, letting it simmer about 10 minutes till done, then remove, dress on a warm dish, and serve with egg sauce.

Smoked Salmon, Broiled.—Place 1 pound of smoked salmon in a saucepan over the fire, cover with cold water, let it come to a boil, then drain and wash off with clean cold water; then remove and cool in cold water. Shortly before serving, wipe the salmon dry, brush it over with melted butter, lay on a broiler, and boil 5 minutes on each side. Stir 1 tablespoonful butter to a cream, add the juice of ½ lemon, ½ even teaspoonful pepper, ½ teaspoonful

grated nutmeg, and 1 teaspoonful fine-chopped parsley; spread this over the fish and serve. Another way is to cut the smoked salmon into slices $\frac{1}{4}$ inch thick, lay on a broiler over a clear fire, broil 5 minutes on the flesh side and 1 minute on the skin side; then arrange on a warm dish, with little pieces of butter sprinkled over them.

Salmon, Preserved.—Clean, wash, and cut the fish into pieces, sprinkle with salt, lay in a roasting pan with some butter, and roast until done, basting with butter. Then lay the pieces of fish in a stone jar, and place a board and a stone on top until cold; remove board and stone, and pour clarified butter over. Or bake the fish in olive oil, pack in a stone jar or glass jars, and pour fine olive oil over. Tie up and set in a cool place.

Salmon, Smoked.—Having cleaned the fish, split it through the back, remove the entrails and head, wash well and dry with a soft cloth. Rub the fish well with saltpeter and pepper until it begins to foam; then rub over with salt, being careful not to take too much salt. For a fish of 6 pounds, take 2 tablespoonfuls salt, $\frac{1}{2}$ teaspoonful pepper, and $\frac{1}{4}$ teaspoonful saltpeter. Then lay the 2 halves together again, and let the fish lie 3 days. During that time baste several times with the pickle, which will be under it; then take out, put a tape through the place where the head was, and hang in the smoke; let it remain from 3 to 4 days. It must be smoked well, but not dry.

Salmon Trout is considered the finest from the end of May to the end of September, soon after the spawning season begins. The salmon trouts belong to the genus *Fario* (Valenciennes), having 1 row of teeth on the vomer, the true salmon having the palate smooth; the species are so called from the redness of the flesh, but all the trouts have this color at some period of their lives, depending probably on their food. There are several species called salmon trout in lakes shut off from the sea, and near the mouths of the rivers of Maine. The so-called sea trout of the Gulf of St. Lawrence (*Salmo*

immaculatus, H. R. Storer) has flesh of a fine pink color and a superior flavor, is sea green above, having lower parts and the fins white; it rarely exceeds a weight of 7 pounds.

Salmon Trout à la Béarnaise.—Place a good-sized, well-cleaned fish on the grating of a fish kettle, cover with cold water, add ½ pint vinegar, 2 tablespoonfuls salt, 2 onions, 12 whole peppers, and a bouquet. Set the kettle over a strong fire; as soon as it comes to a boil remove it to side of stove, letting simmer, not boil; when done lift the grating with the fish out of the kettle, slide the fish on to a warm dish, garnish with 12 potatoes tortonia, and parsley, serve with sauce Béarnaise. Fish boiled in this way may be served with the following sauces and named after the sauce it is to be served with: Sauce Régence, Génevoise, Robert, poivrade, piquante, tomato, gourmets, paprika, matelote, Hollandaise, lobster, egg, mustard, caper, béchamel, allemande, and maître d'hôtel.

Salmon Trout cooked in Wine à l'Allemande.—Select a large fresh fish weighing about 5 to 6 pounds, clean and wash, tie a string around the head, lay on a grating in a fish kettle, sprinkle over 1 heaping tablespoonful salt, cover with red wine, add 2 onions cut into slices, 1 large bouquet, and 12 whole peppers, and set the kettle over the fire; as soon as it boils remove the kettle to side of stove and let it simmer till done (about 1 hour). When ready to serve, lift the fish out of kettle, slide it on to a warm dish, garnish with boiled crawfish and parsley, and serve with sauce Hollandaise.

Salmon Trout with Mayonnaise.—Boil the fish the same as in foregoing recipes; let it cool in the broth, then lift out of kettle, slip on to a dish, and set on ice; when ready to serve, garnish with chopped aspic, and serve with mayonnaise.

Salmon Trout à la Crême.—Select a fine fresh fish weighing from 4 to 5 pounds, clean, wash, and wipe dry; season with 1 heaping tablespoonful salt, equally distributed in and outside the fish; let lie about 30 minutes; lay 3 thin slices of larding pork in the bottom of a roasting pan; put the fish on the grating of a fish

kettle, place the grating with the fish in the baking pan, pour 2 ounces melted butter over the fish, cover with buttered paper, and set the pan in a medium-hot oven 10 minutes; then remove the paper, baste the fish with its own gravy; add 1 pint of cream, cover again with the paper, return the pan to the oven, baste frequently, and roast till nearly done. When ready to serve carefully remove the fish to a warm dish, strain the sauce into a saucepan, add ½ cupful mushroom liquor, 6 peppers, a small bouquet, cook 10 minutes; add ½ teaspoonful nutmeg; remove the bouquet; mix the yolks of 3 eggs with the juice of ½ lemon, add a little of the sauce to the yolks, then gradually add the yolks to the sauce, not letting the sauce boil after the yolks have been added; decorate the fish with small potato balls (à la patricia) and green parsley, and serve with the sauce.

TROUT.

Where found, etc.—Brook or speckled trout (*Salmo fontinalis*, Mitchill) is considered the finest from the end of May to the end of September in North America, is from 8 to 20 inches long. It is found abundantly in streams of the British provinces, the New England, Middle, and Western States, and is everywhere highly esteemed as food; it is rarely taken weighing more than 1½ pound. The common European brook trout (*Salar fario*, Valenciennes) is usually 10 to 14 inches long, though sometimes considerably longer, some having a weight of 15 pounds; it is shorter and stouter than the salmon, of a yellowish brown above, passing to yellow on the sides, and silvery below, the back spotted with reddish brown and the sides with bright red. The trout, both in Europe and America, is a favorite subject for pisciculture from the ease with which artificial fecundation of the eggs can be affected.

Trout, Fried.—Select 6 small trout, clean, wash, and wipe them dry; season with 1 even tablespoonful salt, dust lightly with flour, dip them in beaten egg, roll in bread crumbs, and fry in half lard and half butter to a fine golden color; serve with melted but-

ter and boiled or baked potatoes. Another way is to roll the fish in flour, cut 4 ounces larding pork into small pieces, place it in a pan over the fire, fry light brown, then add the fish, cook on both sides to a delicate brown, and serve.

Trout, Broiled.—Clean, wash, and dry 6 small trout weighing ½ pound each, sprinkle over 1 even tablespoonful salt, place them in a covered dish, squeeze over the juice of 1 lemon, add ½ bunch fresh parsley, cover the dish, and let it remain 1 hour; 20 minutes before serving, wipe the fish dry with a clean napkin, dust with flour, dip in melted butter, roll in grated bread crumbs; then lay the fish on a hot broiler over a moderate clear fire, and broil till done (about 5 minutes on each side); arrange the fish on a warm dish, and serve with 3 ounces melted butter in which the juice of ½ lemon and 1 tablespoonful of fine-chopped parsley have been mixed. Another way is to make 2 small incisions in the fish, brush them over with a little melted butter, lay on a broiler, and cook till done; remove the fish to a warm dish, stir 2 ounces butter to a cream, add 1 even tablespoonful salt, ½ even teaspoonful pepper, spread this over the fish, and serve; or season the fish with salt before broiling and spread 2 ounces maître d'hôtel butter over them.

Trout baked in Paper.—Clean and wash 6 small trout, weighing each about ¾ pound, draw them through the gills, season with salt, and stuff with the following preparation: Stir 2 ounces butter to a cream, add ½ cupful fine-chopped mushrooms, 1 teaspoonful fine-chopped parsley, 1 cupful grated bread crumbs, 1 tablespoonful fine-chopped onion previously cooked 3 minutes in a little butter; season with 1 even teaspoonful salt, ¼ teaspoonful pepper, then use. When the fish are all filled with this preparation, roll each one in buttered paper and lay them in a thickly buttered pan; 20 minutes before serving, place the pan in a moderate oven and bake till done, turning the fish once and basting it often. Arrange them on a hot dish, leaving the paper un-

disturbed, and serve with its own gravy, to which a little lemon juice and fine-chopped parsley may be added.

CARP.

Seasonable from October to April.

Where found, etc.—Carp belongs to the family *Cyprinida*; their size varies from $\frac{1}{2}$ to $2\frac{1}{2}$ feet, and their weight from 1 to 18 pounds; they are considered excellent for the table; carp inhabits the fresh waters, lakes, and streams of Central and Southern Europe, whence it has spread over the northern parts; it seems to have been introduced into England 300 years ago. The common carp has been introduced from France into the Hudson and other waters of New York; it lives to a considerable age and is exceedingly prolific; it prefers quiet waters with soft and muddy bottoms, spawning in May or June, according to locality. They are very tenacious of life, and will pass a long time without food, especially in winter.

Carp, Fried.—Scale and pare 1 or 2 carps, split them open lengthwise through the belly, remove the entrails, wash and wipe dry, then season with salt. If the fish be large cut it into 2 or 3 pieces, if small leave whole; beat 1 or 2 eggs till light, dip the fish first in the beaten egg, then roll in cracker or bread crumbs. Place a frying pan with 1 tablespoonful lard over the fire, as soon as hot put in the fish, and fry light brown. Soak the carp milt in milk for ten minutes, then wipe dry; season with salt, dip in egg, cover with cracker crumbs, and fry to a delicate brown. Arrange the carp on a warm dish, and lay the fried milts around. A simpler way is to season the fish with salt, roll in flour; then fry light brown on both sides, either in larding pork, half lard and half butter, drippings, or oil. Garnish with 1 lemon cut lengthwise into pieces.

Carp fried à la Marinière.—Select a nice fresh carp of 3 or 4 pounds, clean, wash, and wipe it dry; cut it into $2\frac{1}{2}$-inch-sized pieces, sprinkle over 2 teaspoonfuls salt and the juice of 1 lemon.

Place the fish in a dish with 1 onion cut into slices, ½ bunch fresh parsley, 1 sprig of thyme, and 2 bay leaves; cover and let stand 30 minutes; remove the pieces, wipe dry with a soft napkin, and dust lightly with flour. Have ready some fresh grated bread crumbs and 1 well-beaten egg; take each piece separately on a fork, dip first in the egg, then cover with the bread crumbs. Place a deep frying pan with 2 ounces butter and 2 ounces lard over a moderate fire; as soon as hot put in as many fish pieces as will conveniently go in, and fry light brown on both sides; when all are fried, arrange them on a warm dish and serve with sauce Tartare, or spread 2 ounces maître d'hôtel butter over the fish and serve.

Carp, Broiled.—Split a well-cleaned carp down the back, remove the backbone, season the fish with salt, brush over with melted butter, and cover with bread crumbs; lay the fish on a broiler over a moderate fire with the flesh side toward the fire, broil about 12 minutes on the flesh side, then turn over and broil 5 minutes on the skin side, dress the fish on a warm dish, spread over 2 tablespoonfuls maître d'hôtel butter, lay the fish together again in its natural form, and serve.

Carp in Polish Sauce (also called Beer Fish).—Clean, wash, and cut into pieces a fish of 4 pounds, sprinkle with 1 tablespoonful salt, and set aside for ½ hour; 30 minutes before serving put the fish in a stew pan with 1½ pint brown beer, or lager beer, 2 cut onions, 1 bay leaf, 6 whole peppers, 1 lemon cut into slices and freed from pits. Place over the fire and stew slowly until done, then take the fish out, lay it on a warm dish. Mix 1 tablespoonful butter with 1 tablespoonful flour, stir it into the sauce, add 1 tablespoonful sugar, cook a few minutes, strain, and pour the sauce over the fish. In place of sugar, 1 lebkuchen may be soaked in a little of the fish gravy, mashed fine, and added to the sauce; but less flour must be taken.

Carp en Matelote.—Scale and clean a 4-pound carp, cut it into 2½-inch-sized pieces; season with 1 even tablespoonful salt;

put the fish in a saucepan, add 1 pint of red wine, 2 onions cut into pieces, a large bouquet, 12 whole peppers, and 1 pint bouillon, or boiling water, with ½ teaspoonful beef extract. Set the saucepan over the fire; as soon as it boils draw to side of stove and let simmer till done—about 10 minutes; then carefully remove the fish, lay it in its natural form on a warm dish. Melt 1 tablespoonful butter, add 1 tablespoonful flour, cook, and stir 3 minutes; strain the fish broth, add 1 pint of it to the flour and butter, also ½ can small mushrooms; cook 15 minutes. Have ready 12 small fish forcemeat balls boiled in salted water and 12 small white cooked onions; lay the forcemeat balls, the onions, and the mushrooms around the fish, pour some of the sauce over, and serve the remainder in a sauce bowl.

Carp, Roasted, with Crême à la l'Allemande.—Procure a well-cleaned carp of 4 to 5 pounds, season it with 2 teaspoonfuls salt, ½ teaspoonful pepper, sprinkle over the juice of 1 lemon; let the fish lie 30 minutes. Then place in a thickly buttered baking pan, pour 1 ounce melted butter over the fish, and sprinkle ½ cup of grated bread crumbs over the top; pour 1 pint of sour cream in the pan, add 1 whole onion and 1 bay leaf; place in a moderate oven, and baste frequently till done; then lift the fish carefully to a warm dish, remove the fat from the gravy, and strain. Serve the gravy with the fish; if too thick, add ½ cupful boiling water and a little beef extract.

Carp Roe.—Place the roe in a small saucepan, cover with water, add 1 small onion, a small bouquet, 1 teaspoonful salt, 3 whole peppers, and 1 tablespoonful vinegar; boil slowly 5 minutes, then remove; place it in the same pan with the carp, and when done lay it around the fish.

Carp à la Chambord.—Select a fine fresh carp weighing about 6 pounds, clean, wash, and wipe it dry; remove the skin from one side and lard the side with truffles; cut the truffles in small, long pieces and round them at one end; then make with the pointed

handle of a wooden spoon small holes in the flesh of the fish ½ inch apart; put the truffles into the holes so that they look like small buttons. Rub 1 even teaspoonful salt inside the fish, fill with the forcemeat described below, sew up, and rub 1 tablespoonful salt all over. Lay the fish with 3 thin slices of pork under it on a grating in a fish kettle, add 1 bottle of red wine, ½ teaspoonful pepper, and as much bouillon as will reach half way up the fish; add 2 onions cut into slices, 1 large bouquet, 12 whole peppers, and cover with buttered paper. Place over the fire and cook slowly 15 minutes; then remove the paper, set the kettle in the oven, bake and baste frequently until the fish has attained a nice color and is done. Lift the fish from the kettle, slide on to a warm dish, and place in a warm place; strain the broth into a saucepan and reduce it by boiling to 1 pint. Melt in another saucepan 1 tablespoonful butter, add 1 tablespoonful flour, stir a few minutes; add slowly the fish broth, ½ can of mushrooms, 1 sliced truffle, ½ teaspoonful beef extract; cook 15 minutes; then add 1 teaspoonful anchovy essence and 1 teaspoonful fine-chopped parsley. Lay 18 of the below-described small forcemeat balls in clusters with the mushrooms around the fish, also 12 small white glazed onions, pour a little of the sauce over the garnish, and serve the remaining in a sauce bowl.

Forcemeat.—Set a small saucepan with 1 cup of milk and 1 ounce butter over the fire; as soon as it boils add 1 even cupful flour, stir until formed into a smooth paste, then remove from fire; when nearly cold add the yolks of 2 eggs and 1 whole egg, then set aside until perfectly cold. In the meantime melt 1 ounce butter in a small saucepan, add 1 fine-chopped onion, ½ small clove of bruised garlic; season with 1 even teaspoonful salt, ½ teaspoonful pepper, cook 3 minutes; add ½ cupful fine-chopped mushrooms, stir, and cook 5 minutes; then remove. Add 1 teaspoonful fine-chopped parsley to the paste and work it well together; take 1 pound fish meat, either from bass or pickerel, chop it very fine, season with 1 teaspoonful salt, ¼ teaspoonful pepper, add it to the preparation, and fill the fish with this as directed above. Mix the remaining

forcemeat with 1 fine-chopped truffle, mold into small balls, drop into boiling salted water, and cook slowly 6 minutes; then carefully remove and use for garnishing the fish as directed.

SHAD.

Where found, Etc.—It is a well-known fish of the herring family; the genus comprises more than 20 species. The American shad obtains a length of about 20 inches, and varies in weight from 2 to 6 pounds; they come from the South to deposit their spawn, running up the rivers from the sea. They appear in Charleston in January, at Norfolk in February, at New York by the end of March or beginning of April, at Boston by the end of May. They appear in the Massachusetts rivers early in May, the greatest run being when the apple trees are in full blossom; the old shad return to the sea in August, the young ones, 3 or 4 inches long, following in September. It is believed that the life of a shad is limited to a single year. The fish are mostly eaten fresh and are delicious, the only drawback being the innumerable bones; they lose their flavor the longer they remain in fresh water.

Shad, Broiled.—Split a well-cleaned shad down the entire back, remove the backbone, and season with 1 tablespoonful salt; brush the fish over with a little melted butter or olive oil, let it stand 30 minutes; then put the fish on a broiler with the flesh side down, place over a clear, moderate fire, and broil about 15 minutes; then turn and broil 5 minutes on the skin side. Dress the shad on a warm dish. Mix 1 tablespoonful butter to a cream, add the juice of ½ lemon, ½ teaspoonful nutmeg, and 1 teaspoonful fine-chopped parsley; spread this over the fish; garnish with parsley and 1 lemon cut lengthwise into 6 pieces.

Shad, Fried.—Remove head and tail of a well-cleaned shad, cut it into 6 pieces; season with 1 tablespoonful salt, distribute the salt evenly over the fish on both sides, let it stand ½ hour; then roll each piece in flour. Cut ½ pound of larding pork into very small

pieces, place it in a large frying pan over the fire, and fry light brown; then pour half of the pork into a small saucepan, lay as many of the fish pieces in the pan as will conveniently go in, and fry over a moderate fire light brown on both sides, adding gradually some of the remaining pork. When all the pieces are fried, arrange them on a warm dish, and serve with butter and baked potatoes. In place of pork, lard or drippings may be taken.

Shad fried à l'Allemande.—Split a well-cleaned roe shad down the back, remove the roe and backbone, cut off the head and tail, and divide the fish into 6 pieces; season with 1 tablespoonful salt, sprinkle over 2 tablespoonfuls lemon juice. Lay the pieces in a deep dish with 1 large onion cut into slices, 2 sprigs of thyme, 2 bay leaves, 12 whole peppers, cover and let stand 30 minutes; then take the fish out, wipe dry, and dust the pieces over lightly with flour; beat 2 eggs in a soupplate till light, take each piece on a fork, dip first into the beaten egg, then roll in grated bread crumbs; pat each piece with a knife on both sides to make them nice and smooth; place a large frying pan over the fire with 1 tablespoonful lard, 1 tablespoonful butter; when hot, put in as many of the fish pieces as will conveniently go in, and fry light brown first on one side and then on the other. Serve with sauce Tartare à l'allemande.

Shad Roe.—Place the roe in a saucepan, cover with cold water; add 1 teaspoonful salt, 1 tablespoonful vinegar, 1 small onion cut into slices, 3 whole peppers, and 1 sprig of parsley tied together with $\frac{1}{2}$ bay leaf, 1 clove, and a small sprig of thyme. Set the saucepan over the fire; as soon as it comes to a boil, draw the saucepan to side of stove, let it simmer (not boil) 5 minutes; then remove the roe, dip it in beaten egg and bread crumbs. Melt 1 tablespoonful butter in a small frying pan, put in the roe, cover and cook 5 minutes on each side; dress on a warm dish, and spread over 1 ounce maître d'hôtel butter.

Shad Roe à la Jardinière.—Prepare the roe as in foregoing recipe; cut 3 or 4 small young carrots into slices, lay over one

another, and cut them into fine strips like straws (there should be ½ cupful); place them in a saucepan, cover with ½ pint boiling water, add 1 teaspoonful sugar, and boil 10 minutes; then add ½ pint young green peas, cook until done. Mix ½ tablespoonful butter with ¼ tablespoonful cornstarch; add it to the peas with ¼ teaspoonful salt, stir and cook 2 minutes; remove from fire, add ½ tablespoonful fine-chopped parsley. Arrange the roe on a warm dish, pour the peas and carrots over. Have 1 pint small German potatoes peeled and boiled in salted water, then drained, returned to the saucepan with ½ tablespoonful butter, and cooked a few minutes. Lay them in a circle around the dish, sprinkle a little fine-chopped parsley over, and serve.

Shad Roe, Broiled.—Season the roe with 1 even teaspoonful salt, pour over a little melted butter, let it lay 15 minutes, then put it on a fine wire broiler and broil over clear fire, 8 minutes on each side (care must be taken not to have the fire too hot). When done, dress the roes on a warm dish, spread 1 tablespoonful maître d'hôtel butter over, and garnish with potatoes prepared as follows: Peel 3 large potatoes, cut each one lengthwise into 6 pieces, and fry them light brown in boiling fat.

Shad Roe on Toast.—Place a saucepan with 1 pint boiling water over the fire, add the juice of ½ lemon, 1 teaspoonful salt, and 2 sprigs of parsley; lay in the roe, draw the saucepan to side of stove, let it stand 8 minutes, then remove. Place a small saucepan with ½ tablespoonful fine-chopped larding pork over the fire, and fry for a few minutes; add ½ tablespoonful butter, put in the roe, cook 5 minutes on each side; then lift out the roe, add 1 teaspoonful cornstarch to the gravy, stir 2 minutes; add sufficient boiling water to make a creamy sauce, next ¼ teaspoonful beef extract, cook a few minutes, then strain and finish with a small piece of butter. Toast 4 small slices of bread, butter on one side; arrange on a warm dish; cut the roe into 4 pieces, lay 1 piece on each slice of toast, pour over the gravy and serve.

Shad, Baked.—Have a large fresh shad prepared for baking, season with 1 heaping tablespoonful salt and the juice of 1 lemon, let it lay 30 minutes; then put 4 thin slices of larding pork in a baking pan, the fish on top, pour 2 ounces of melted butter over, and lay three thin slices of pork on top the fish. Place the pan in a medium-hot oven and bake till done—about 40 minutes. When done, remove it carefully to a warm dish, garnish with parsley and 1 lemon cut lengthwise into 6 pieces; serve with melted butter, mustard, or egg sauce.

Shad, Baked, with Filling.—Soak 2 slices of bread in cold water 10 minutes, inclose in a towel, and press out all the water. Place a saucepan with 1 tablespoonful butter over the fire, add 2 tablespoonfuls fine-chopped onion, a little bruised garlic the size of a pea, cook and stir 5 minutes; add ½ cupful fine-chopped mushrooms and the bread, continue stirring until the bread has formed into a smooth paste, then remove from fire. When cold mix it with ½ pound fine-chopped halibut, season with 1 teaspoonful salt, ¼ teaspoonful pepper, and 1 egg; mix all well together. Split a well-cleaned shad down the back, remove the roe and backbone, wash and wipe the fish dry, rubbing in and outside with 1 heaping tablespoonful salt, then sprinkle over the outside and inside the juice of 1 lemon; next put in the forcemeat, sew the fish together, and let it lie on a long dish for 30 minutes. Wash and wipe the roe dry, season with 1 even teaspoonful salt, lay with 1 tablespoonful lemon juice in a covered dish, add 1 onion cut into slices and 2 sprigs of parsley, cover and let stand 20 minutes; then remove, lay on a napkin, and roll each half in thickly buttered paper. Put 4 slices of larding pork in a roasting pan, lay the fish over it; place the roe in the same pan, pour a little melted butter over the shad, lay 3 slices of pork on top, cover with buttered paper, and bake till done (the shad about 45 minutes, the roe 30 minutes). When ready to serve, carefully remove the fish to a warm dish, garnish with the roe cut into slices, 1 lemon cut lengthwise, and parsley; then serve.

Shad à l'Allemande.—Select a fine roe shad, clean and split it down the back, take out the roe, remove all the bones, and cut it in half; remove the skin and cut the fish into 12 equal-sized pieces; trim them half heart shape. Mix 1 tablespoonful salt with 1 teaspoonful pepper, sprinkle this equally divided over the fish on both sides, brush each piece over with melted butter or olive oil, drop over the juice of 1 lemon, lay the fillets in a covered dish with 1 sliced onion and ¼ bunch parsley; cover and stand 30 minutes. In the meantime place a frying kettle with lard over the fire; beat 2 eggs in a bowl until light; wipe the fish fillets dry with a soft towel; roll in flour, take each piece separately on a fork, dip in the beaten egg, shake it for a second, drop into the boiling fat, and fry to a delicate brown; then remove, lay the fish on blotting paper to absorb the grease, and place it in a warm place till ready to serve. Place the roe in a saucepan over the fire; cover with cold water, add ½ teaspoonful salt, a small bouquet, 1 small sliced onion, and 1 teaspoonful vinegar or 2 tablespoonfuls white wine; as soon as it begins to boil draw the saucepan to side of stove, and after 5 minutes remove the roe, and drain it. Melt 1 tablespoonful butter in a small deep frying pan, put in the roe, cover and cook 8 minutes; turn it once during that time. At the same time place in a saucepan 1 pint of young green peas (they should be young and tender); add boiling water enough to barely cover; add 1 teaspoonful sugar, and cook till tender; then add ¼ teaspoonful salt, ½ tablespoonful butter, and continue to cook 2 minutes, adding 2 tablespoonfuls cream. Cut the shad roe into 6 pieces, arrange them in the center on a warm dish, pour over the peas, and sprinkle 1 teaspoonful fine-chopped parsley over; lay the shad fillets in a circle around the edge of dish, 1 piece overlapping the other, and serve.

Fillet of Shad à la Romaine.—Procure a fine fresh shad weighing about 4 pounds; split it down the entire back, cut it in half, remove all the bones; cut the meat into 6 square pieces, cut each piece bias through the center to make 12 pieces; trim the

corners nicely, season with 1 tablespoonful seasoning salt evenly distributed over both sides of the fish, sprinkle over the juice of 1 lemon, lay the fish in a bowl with ¼ bunch fresh parsley and 1 sprig of thyme; cover and let stand 30 minutes; then remove, wipe the fillets dry, and dust lightly with flour. Beat up 1 egg in a soup-plate, take each fillet separately on a larding needle, dip first in the egg, then roll in freshly grated bread crumbs; when all are prepared in this way place a frying pan over the fire with 1 tablespoonful lard, 1 tablespoonful butter; when hot put in as many shad pieces as will conveniently go in the pan, and fry light brown on both sides. In the meantime break ½ pound of spaghetti into pieces, put it in a saucepan over the fire, cover with boiling water, add ½ tablespoonful salt, and boil till tender. Place a saucepan with 1 tablespoonful butter or olive oil over the fire, add 2 tablespoonfuls fine-chopped onion, ½ clove of bruised garlic, cook 5 minutes without browning; then add ½ cupful fine-chopped mushrooms, stir and cook 5 minutes longer; add 1 can of tomatoes, 1 teaspoonful salt, 1 even teaspoonful pepper, 1 tablespoonful sugar, cook 20 minutes, then strain; drain the spaghetti on a sieve, put into a clean saucepan, add the tomatoes, set for a few minutes over the fire; then arrange the spaghetti on a warm dish, high in the center, lay the shad fillets in a circle around it, and serve.

Shad à l'Castellano.—Split a large roe shad down the back, remove the roe, and cut the fish in halves; lay 1 side and ½ the roe aside; remove the bones and skin from the other half, cut it into 6 pieces; trim them half heart shape, sprinkle over the juice of ½ lemon, and 1 even tablespoonful seasoning salt; lay the fillets in a thickly buttered pan, pour over 1 ounce melted butter, add 2 tablespoonfuls white wine, and 6 fine-chopped small mushrooms; cover the fillets with buttered paper, and let stand 20 minutes; then set the pan in the oven and cook till done—about 10 minutes. Fry 6 pieces of bread of same size as the fillets in butter light brown on both sides, lay them on a warm dish, put a fillet on each piece, pour the roe,

which has in the meantime been prepared as mentioned below, and the sauce over all, and serve. Place the shad roe in a saucepan over the fire, cover with cold water, add 1 teaspoonful salt, 2 slices of onion, a small bouquet, and ½ tablespoonful vinegar; as soon as it begins to boil draw the saucepan to side of stove and let it remain 5 minutes, then drain. Place a saucepan over the fire with 1 tablespoonful fine-cut ham, ½ tablespoonful butter, 1 tablespoonful fine-chopped onion, the same of chopped mushrooms, and, if handy, 1 fine-chopped truffle, ½ teaspoonful salt, and a little pepper; cook 5 minutes; add ½ cupful white wine and the boiled roe, cover and cook 10 minutes. At the same time melt 1 tablespoonful butter in another saucepan, add 1 tablespoonful flour, stir 2 minutes, add 1½ cup milk, a little salt, nutmeg, a small bouquet, 6 coarsely pounded peppers, and a little mushroom liquor; cook 6 minutes, then strain. Add the yolks of 2 eggs, mixed with ½ cupful cream, break the roe in small pieces with a fork, pour over the above cream sauce, mix all well together, and use as directed above.

Salt Shad, Boiled.—Soak the fish several hours in warm water. One hour before dressing, take it out, wash, and lay in fresh cold water; then place in a kettle over the fire, with sufficient water to cover, and as soon as it begins to boil draw the kettle from the fire and let the fish simmer from 20 minutes to ½ hour; serve with butter sauce.

Salt Shad, Broiled.—If the shad is to be prepared for breakfast, soak the fish in warm water over night, take out in the morning and put it for 15 minutes into cold water; wipe dry, brush it over with melted butter, place on a hot broiler over a moderate fire, and broil on both sides light brown. Lay on a warm dish, and put small pieces of butter over it; set the dish for a few minutes in the oven, and then serve.

SHEEPSHEAD.

Sheepshead, Boiled.—Place a well-cleaned fresh fish on the drainer of a fish kettle, cover with cold water, and add for every quart

of water 1 tablespoonful salt, 1 onion, a bouquet, 12 whole peppers; set the kettle over the fire, and as soon as it begins to boil remove to side of stove, letting simmer till done. When done and ready to serve, lift the fish from the kettle, slide it on to a warm dish, garnish with parsley, and serve with Robert or Hollandaise sauce.

Sheepshead à la Tartare.—Place a well-cleaned sheepshead of from 4 to 5 pounds on the grate of fish kettle; add 1 bottle white wine, a good handful salt, 2 cut onions, 1 carrot, a bouquet, 12 whole peppers, and sufficient cold water to cover the fish; place the kettle over the fire, and as soon as it begins to boil draw to side of stove, and let simmer till done. In the meantime prepare the following sauce: Melt in a saucepan 1½ ounce butter, add 1 heaping tablespoonful flour, stir and cook 3 minutes; add 1 cupful chicken or veal broth, 3 sprigs of parsley, 6 coarsely pounded peppers, ½ cupful fine-chopped mushrooms, a little of their liquor, ½ teaspoonful beef extract, 1 cupful cream or milk, and 1 even teaspoonful seasoning salt, boiling slowly 10 minutes. At the same time, place a small saucepan with 1 tablespoonful fine-chopped onion and ½ tablespoonful butter over the fire, cook 5 minutes; add 1 cupful canned tomatoes, season with ½ teaspoonful seasoning salt, ½ teaspoonful sugar, boil 10 minutes, then strain. Next strain the sauce into a clean saucepan, add the tomatoes, the juice of ½ lemon, and ½ tablespoonful butter in small pieces; set the saucepan a few minutes over the fire until hot; then pour a little of the sauce over the fish, and serve the remaining in a sauce bowl.

Sheepshead à la Normande.—Boil a fresh fish of 4 pounds as in foregoing recipe; place 1 dozen large oysters in a saucepan over the fire, with ½ cup of their liquor, add the juice of ½ lemon, ½ tablespoonful butter, ½ teaspoonful seasoning salt, and let the oysters come slowly to a boil; then set aside. Melt at the same time 1 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir 3 minutes; add ½ pint small mushrooms, ½ cupful of the fish bouillon, the broth from the oysters, ¼ teaspoonful white pep-

per, and a small bouquet, boil slowly 15 minutes; then remove the bouquet, mix the yolks of 2 eggs with the juice of ½ lemon, add slowly to the sauce; add lastly ½ tablespoonful butter in small pieces, and pour a little of the sauce over the oysters. Arrange the fish on a hot dish, garnish with potatoes tortonia, and the oysters; serve the sauce in a sauce bowl with the fish. If wine is not handy or is objected to, ½ cupful of white vinegar may be taken for boiling the fish.

Sheepshead à la Créole.—Season a well-cleaned 3-pound sheepshead with 1 tablespoonful seasoning salt; lay the fish in a buttered pan, pour over 2 ounces melted butter, put ½ cupful white wine in the pan, cover with buttered paper, set the pan in a hot oven to bake, basting frequently. At the same time melt 1 ounce butter or oil in a saucepan, add 2 tablespoonfuls fine-chopped onion, 1 fine-chopped green pepper without the seed, 1 clove of bruised garlic, ½ cupful chopped mushrooms, stir and cook 6 minutes; add 3 fresh tomatoes peeled and cut fine, 1 teaspoonful salt, and ½ even teaspoonful pepper; let simmer slowly until the tomatoes are done. Melt in a small saucepan ½ tablespoonful butter, add ½ tablespoonful flour, stir for a few minutes; add 1 cupful boiling water, 1 teaspoonful beef extract, cook a few minutes; add it to the other ingredients in the first saucepan, continue to boil 5 minutes. When the fish is done, remove carefully to a hot dish, pour the sauce over it, and garnish with small slices of bread, cut half-heart shape, and fried in butter. If wine is not handy, sprinkle the juice of 1 lemon over the fish, and pour ½ cupful water in the pan. Weakfish, pike, perch, and whitefish may be prepared the same way.

KINGFISH.

Where found, etc.—Kingfish, of the genus *Umbrina*, is of a dull-gray color, with silvery reflections on the side and irregular dark bars; length 16 to 17 inches, weight 1 to 2 pounds; it is a deep swimmer, a good table fish, and is often called whiting. It

is rare on the New England coast, but common in the waters of the Middle States. In season from May till October. It is prepared in various ways, the same as trout, carp, bass, and sole.

Kingfish au Gratin.—Remove the fillets from 3 fresh fish weighing 1 pound each; season with salt and pepper, fold the fillets double, lay in a buttered pan, sprinkle over 1 fine-chopped onion, ½ cupful chopped mushrooms, and pour some melted butter over each fillet; put ½ cupful white broth in the pan and ½ cupful white wine; sprinkle over 2 tablespoonfuls bread crumbs, set the pan in a hot oven and bake 15 minutes; then remove the fish to a hot dish. Melt 1 tablespoonful butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 cupful white broth and the fish gravy, cook a few minutes; mix the yolks of 2 eggs with the juice of ½ lemon, add slowly to the sauce; add ½ teaspoonful beef extract, 1 even teaspoonful seasoning salt, and serve with the fish and boiled potatoes.

Fillets of Kingfish à la Tartare.—Lift the fillets from a medium-sized fish, remove the skin and pare the pieces into oval shapes; season with salt, pepper, and lemon juice; let stand ½ hour, then dust with flour, dip into beaten egg, roll in bread crumbs, and fry in hot fat to a fine color. Arrange the fish on a hot dish, garnish with parsley, and serve with Tartar sauce.

HADDOCK.

Where found, etc.—A soft-rayed fish of the cod family. This well-known species varies in length from 1 to 2 feet, and in weight from 2 to 6 pounds. The color is dark gray above and silvery gray below. The haddock is found everywhere on the American coast from New York to the arctic regions; it is an excellent fish when eaten fresh. The spawning time is in early spring.

Haddock, Stuffed and Baked.—Clean and wash a good-sized fish, wipe dry, and season with salt and pepper; put 1 fine-chopped onion in a saucepan with 1 tablespoonful butter, cook 5

minutes; add 4 fine-cut peeled tomatoes, 1 even teaspoonful pepper, 1 even teaspoonful salt, cook 5 minutes; then remove from fire; when cold, mix it with 2 cupfuls bread crumbs, 1 whole egg, and 1 yolk; fill this into the fish, sew up, lay in a baking pan with 3 slices of larding pork under the fish; sprinkle over 1 ounce melted butter and the juice of 1 lemon, cover the fish with 3 thin slices of pork, place in a hot oven, bake and baste often till done. Serve the fish on a warm dish, with tomato sauce and boiled potatoes.

Fillets of Haddock à la Maître d'Hôtel.—Remove the skin and bones from a well-cleaned haddock; cut the meat into small slices, season with salt, pepper, and lemon juice. Lay the slices in a covered dish with 1 or 2 sliced onions and some fresh parsley, cover and let them stand 1 hour. Shortly before serving, wipe the fillets dry and dust with flour; dip into beaten egg, roll in bread crumbs, and fry in hot fat to a fine color. Arrange nicely on a hot dish, spread a little maître d'hôtel butter over each, and serve with baked or boiled potatoes.

Fillets of Haddock à la Tartare Allemande.—Remove the skin and bones from a fresh fish; cut the meat into small slices, season with salt and pepper, dip in beaten egg and cracker crumbs, fry to a fine color in hot fat; serve on a warm dish with sauce Tartare à l'allemande.

Fillets of Haddock à la Normande.—Prepare the fillets of a fresh haddock as in foregoing recipe; mix the yolks of 2 eggs with ½ cup milk, a little salt, 1 teaspoonful melted butter, 2 tablespoonfuls flour, and the 2 whites beaten to a stiff froth; dust the fish fillets with flour, take each one on a fork, dip into the batter, and fry to a fine color in boiling fat; drain on blotting paper. Arrange on a warm dish, garnish with fried parsley, and serve with sauce Normande.

Haddock à l'Italienne.—Remove the skin and bones from a well-cleaned haddock; cut the meat into pieces, so that each piece weighs 4 ounces; season with salt and pepper, also lemon juice; let

marinate 1 hour. Then lay the slices into a buttered pan, pour a little melted butter over each fillet, cover with buttered paper, and bake till done in a hot oven. Melt in a saucepan 1 ounce butter, add 1 fine-chopped onion, ½ fine-chopped green pepper, 1 bruised clove of garlic; cook 6 minutes without browning; then add ½ can tomatoes, ½ even tablespoonful salt, ½ even teaspoonful pepper, ½ tablespoonful sugar, boil 20 minutes, serve the fish on a warm dish, pouring the tomatoes over, and serve with boiled spaghetti and grated cheese. In place of butter, olive oil can be taken.

Haddock, Boiled.—Place a well-cleaned haddock on the drainer in a fish kettle, cover with cold water; add a good handful salt, ¼ cup of vinegar, 1 onion, a bouquet, and 12 whole peppers; as soon as it begins to boil draw the kettle to side of stove, letting it simmer till done; then lift the fish out of kettle, slide it on to a warm dish, and serve with mustard sauce.

Haddock, Baked.—Scale and clean a fish, stuff with forcemeat, sew it up, sprinkle with salt, lay in a roasting pan with a few slices of pork under it and some on top; add ½ cupful water, set in a hot oven, pour over the juice of 1 lemon and 1 ounce melted butter, and bake until done, basting frequently. Garnish with parsley and cut lemon; serve on a warm dish with mustard sauce.

Dried Haddock (*always in Season*).—Cut the dried fish into pieces, put them in a stew pan with a bouquet, pour over sufficient boiling water to cover, put the cover on, and let the fish remain in the boiling water without boiling for 10 or 15 minutes. Take out, put on a warm dish, spread over some butter, season with salt and pepper, and serve.

RED SNAPPER.

Where found, etc.—Red snapper, of the family *Sclerogenidæ*, attains a length of from 1 to 2 feet; the color of the living fish is bright red with a black blotch on the posterior part of the gill covers. It is found on both sides of the Atlantic, and on the American coast from New York to the far North; is called rose fish, perch, and red

snapper, and is abundant in Newfoundland, being in season from October to May. It is considered best when baked or steamed, or can be prepared in various ways the same as perch.

Red Snapper à la Béarnaise.—Select a fresh fish 6 pounds in weight; clean, wash, and wipe dry; season with 2 tablespoonfuls salt, 1 teaspoonful white pepper, and the juice of 1 lemon; cut 2 onions into slices, lay half the slices on the drainer of a fish kettle, place the fish on top of it, lay the remaining slices inside and on top; add ½ bunch parsley and 2 sprigs of thyme; put the drainer in the fish kettle, cover and let it stand 1 hour. Lift the fish out of the kettle, remove onions, parsley, and thyme, lay 4 slices larding pork in the bottom of the kettle, also a few slices of pork on top of drainer; lay the fish on top of the pork, pour 1 ounce of butter over the fish, and lay 1 ounce of butter inside of fish. Put 2 tablespoonfuls lard in the bottom of the kettle, cover the fish with buttered paper; then put on the cover, place the kettle over a moderate fire, and cook slowly till done, which will take 1 hour. When ready to serve, slip the fish on to a warm dish, garnish with parsley and fried oysters or scallops, serve with sauce Béarnaise or egg sauce. (Care must be taken not to have the fire too hot; the fish needs no basting and no water, and will cook to perfection in the time stated.)

Red Snapper, Stuffed and Baked.—Select a fish weighing about 5 pounds; clean, wash, and dry it, season with 2 tablespoonfuls salt and the juice of 2 lemons, letting it lie 1 hour. In the meantime prepare the forcemeat as follows: Place a saucepan with 1 tablespoonful butter over the fire, add 1 finely chopped onion, 1 clove of bruised garlic, and fry this for a few minutes; add 1 heaping tablespoonful flour, stir 3 minutes; add ½ cupful meat broth, cook and stir till thick. Remove from fire, and when cold mix it with 1 pound finely chopped fresh codfish or halibut; season with 1 tablespoonful salt, 1 teaspoonful pepper, a little Cayenne, ½ cup of mushrooms, 1 teaspoonful English mustard, 1 tablespoonful fine-chopped parsley, the yolks of 3 eggs; mix all well together; then fill into the

fish, sew up. Lay the fish in a long roasting pan with 4 slices of larding pork underneath and a few slices of pork on top of the fish; pour over a few spoonfuls melted butter; place the pan in oven and roast till done; then carefully remove to a hot dish, and serve with sauce Hollandaise.

WHITEBAIT.

In season from April to September.

A small fish of the herring family; in great repute with epicures; it is from 3 to 6 inches long, pale ashy green above, sides and lower parts unspotted white at all seasons.

Whitebait à la Tartare Allemande.—Prepare 2 pounds of fish the same as for broiling. Mix the yolks of 2 eggs with $\frac{1}{2}$ cupful milk, $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful melted butter, 2 tablespoonfuls flour, and the whites beaten to a stiff froth; wipe the fish dry, dust with flour, dip in the batter, and fry in boiling fat; serve on a warm dish, garnish with parsley, and serve with sauce Tartare allemande.

Whitebait, Fried.—Clean, wash, and wipe the fish dry, season with salt, roll in flour, and fry in hot fat. Dress on a warm dish, add to 2 ounces melted butter, the juice of 1 lemon, and 1 teaspoonful chopped parsley; pour this over the fish, and serve with white and brown bread and butter, or with German fried potatoes.

Whitebait, Broiled.—Season the well-cleaned fish with salt, pepper, and lemon juice, add 1 sliced onion, let marinate 1 hour; then wipe dry, dip in melted butter, roll in fresh grated bread crumbs, lay on a hot broiler, and broil over a moderate, clear fire 5 minutes on each side. Dress on a warm dish, spread a little maître d'hôtel butter over each fish, and serve either with white and brown bread or French fried potatoes. Another way is to dust the fish with flour, dip into beaten egg, roll in cracker crumbs, and fry in hot fat.

WHITEFISH.

Where found, etc.—A member of the salmon family, it is found in the Great Lakes, from Lake Erie to the Arctic Sea, in Lake Champlain, in the small lakes of Canada connected with the St. Lawrence on the south side, and in the Mackenzie and other rivers flowing into the icy sea. It attains a length of $1\frac{1}{2}$ to $2\frac{1}{2}$ feet and a weight of 3 to 10 pounds, becoming very large and fat in the clear water of Lake Superior; its general appearance is shad-like, whence it is called lake shad at Burlington, Vt. It is bluish gray on the back, lighter on the sides, and white below; the flesh is bluish white, changing to a pure white when cooked. In October it enters the rivers to spawn, returning in 3 or 4 weeks.

Whitefish, Broiled.—Split a well-cleaned white fish through the back, wash and wipe dry; brush over with a little melted butter or oil, lay the fish with the meat side downward on a broiler, and broil over a clear fire, 10 minutes on the meat side and 5 minutes on the skin side. When done remove the fish to a hot dish; mix 2 ounces butter with 1 even tablespoonful seasoning salt, add the juice of $\frac{1}{2}$ lemon, spread this over the fish, and serve with baked potatoes and boiled tomatoes. Weakfish can be prepared the same way.

WEAKFISH.

In season from the middle of June to the end of October.

Where found, etc.—A spiny-rayed fish, of the genus *Otolithus*, resembling the perch; the common weakfish is from 1 to 2 feet long. This was formerly one of the most common marine fishes in Vineyard and Long Island Sounds, but is now less abundant; it has been taken in the Gulf of St. Lawrence and the Gulf of Mexico; it often accompanies the bass.

Fish à la Rothschild.—Take either weakfish or carp; choose a fish of $2\frac{1}{2}$ pounds, remove head and tail, cut the fish into 6 pieces, lay on a dish, sprinkle over 1 tablespoonful salt, let stand 30 min-

utes; then place in a saucepan, cover with 1½ pint water, ½ pint white vinegar, 2 fine-cut onions, 1 bay leaf, 3 cloves, 8 whole peppers, 1 blade of mace, a handful of seedless raisins, small stick of cinnamon, and ½ lemon cut into lengths or slices and freed from the pits; as soon as it begins to boil draw the saucepan to side of stove and let simmer till done; then carefully remove to a warm dish. Mix 1½ tablespoonful butter with 1½ tablespoonful flour, add it to the fish broth, add 1 tablespoonful sugar, stir and cook 5 minutes; then strain into a clean saucepan; return some of the raisins to the sauce, and pour it over the fish; serve with potato dumplings or potato croquettes.

Fish à la Polonaise.—Procure a weakfish weighing 2½ pounds, clean, wash, and cut it into 6 pieces; sprinkle over 1 tablespoonful salt, lay on a dish and pour over ½ cup vinegar; let stand ½ hour; then place the fish with the vinegar in a saucepan, cover with water, add 1 onion, 6 whole peppers, and a bouquet, and set the saucepan over the fire; as soon as it commences to boil draw to side of stove, and let simmer till done, which will take about 10 minutes. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir for a few minutes; add 1 pint of the fish water, 1 teaspoonful ground ginger, cook 5 minutes; remove the fish to a warm dish, and strain the gravy over it. Carp or bluefish may be prepared in the same way.

Baked Fish à la Rachel.—Procure a fish of 3 pounds, either weakfish, carp, or bluefish, clean and cut into 3-inch pieces, season with 1 tablespoonful salt, and let stand 30 minutes. Chop fine 2 good-sized white onions and cut ½ lemon into slices, removing pits; butter a pudding dish large enough to receive the fish; put in a layer of the fish pieces, sprinkle over some of the onions, add 1 tablespoonful butter in small pieces and 1 teaspoonful caraway seeds; continue in this way in alternate layers until all is used, pour over sufficient vinegar to nearly cover; then bake in oven till done (about 40 minutes), and serve in the same dish.

Weakfish, Baked.—Clean, wash, and wipe a 3-pound fresh fish, season it with 1 tablespoonful seasoning salt, sprinkle over the juice of 1 lemon, cut 1 large onion into slices, and lay them inside the fish; cover and let it stand 1 hour. Forty minutes before serving lay 4 thin slices of pork in the bottom of a roasting pan, remove the onions, and place the fish on top of the pork. Lay 1½ ounce butter inside the fish, and pour 1 ounce melted butter all over; cover the top of fish with 3 thin slices of larding pork, set the pan in a hot oven, and bake till done, basting occasionally with its own gravy. When done remove the fish carefully to a warm dish, garnish with fried tomatoes, serve with mustard sauce and boiled potatoes.

Weakfish, Fried.—Procure a fresh fish of 2½ pounds, clean, wash, and split it through the back, remove head and tail, cut each half into 3 pieces, season them with 1 even tablespoonful seasoning salt, let lie ½ hour, then roll the fish pieces in flour, and fry in hot lard or larding pork, light brown on both sides and well done. Serve on a warm dish, garnish with parsley and cut lemon. Or dust the fish with flour, then dip them first into beaten egg, then roll in cracker or bread crumbs, and finish the same as above.

Fillets of Weakfish.—Clean and wash a fresh fish of 2½ pounds, remove head and tail, split the fish through the back, remove all the bones, and cut the meat into 6 fillets; season these with 1 even tablespoonful seasoning salt, sprinkle over the juice of ½ lemon, and set aside. Twenty minutes before serving wipe the fillets dry, dust with flour, dip into beaten egg, roll in bread crumbs; lay the fillets on a clean board, and pat them smooth with a knife. Place a frying pan with 1 ounce pure lard and 1 ounce butter over the fire; as soon as hot put in as many fillets as will conveniently go in, fry light brown on both sides, adding more lard and butter if necessary. Arrange the fish on a hot dish, spread over 1 ounce maître d'hôtel butter, and serve with potatoes à la crême.

Weakfish à la Tartare.—Remove the fillets from a 3-pound fresh fish, cut the fillets into 6 pieces, pare nicely, and season

with 1 tablespoonful seasoning salt; dip the fillets into melted butter, roll in bread crumbs, lay on a broiler, and broil over a moderate clear fire 6 minutes on both sides or till done. Arrange the fillets nicely on a hot dish, garnish with parsley and potatoes à la patricia, and serve with sauce Tartare.

PERCH.

In season from September to May.

Where found, etc.—Perch belongs to the *Percidæ*, a very extensive family of acanthopterous fishes; 14 species, all fresh-water fishes, are described. The yellow perch attains a length of 12 to 15 inches and a weight of 2½ pounds, though most specimens are below 10 inches; it is generally distributed in the lakes, ponds, and streams of the Northern and Middle States and of the British provinces. It is easily taken with the hook or net, and is an excellent fish for the table. Salt-water perch varies exceedingly in size and color, being from 6 to 16 inches long; it is an excellent pan fish, and is taken in great numbers from June to October. There are 26 species of sea perch belonging to the genus *Serranus*.

Perch broiled à l'Americaine.—Scale, clean, wash, and dry the fish; if large, split in two and broil over a clear fire; when done remove to a warm dish. Stir 2 ounces of butter with 1 even tablespoonful salt and ½ teaspoonful white pepper to a cream, spread it over the fish, set the dish for a minute in a hot oven, and serve; garnish with cut lemon and green parsley.

Perch broiled à la Française.—Remove all skin and bones from a good-sized fish, cut the meat into 2½-inch-long pieces, pare them nicely, season with salt and lemon juice, lay some slices of onion and parsley between them, cover, and set aside 1 hour. Then wipe the pieces dry, dip into melted butter, then into fine bread crumbs, lay on a hot broiler, and broil over a slow fire on both sides light brown and well done. Serve with tomato sauce, or lay them on a round dish like a border and pour in the center a ragoût of

oysters or lobster; or serve with any other kind of sauce. All fish of delicate meat may be prepared the same way.

Perch stewed à l'Anglaise.—Clean, wash, and dry the fish; lay in a stewpan, add salt, a bouquet, some whole pepper, 1 clove of bruised garlic, half water and half sherry wine enough to cover the fish; stew slowly till tender. When done take the fish out, lay on a long dish; thicken the gravy with a piece of butter rolled in flour; strain, add 1 tablespoonful anchovy essence, and pour over the fish.

Perch, Fried.—Scale and clean the fish and, if small, fry whole; if large, split it and cut each side in 2 pieces, sprinkle with salt, roll in flour, and fry in hot lard or pork. Or dip into beaten egg and then in cracker dust or bread crumbs, and fry.

Perch à la Maître d'Hôtel.—After the fish is cleaned remove skin and bones, cut the meat into 2-inch-square pieces, shape, and lay them in a thickly buttered pan; season with salt and lemon juice and cover with buttered paper. Shortly before serving, set the pan in the oven and bake until done; lay the fish for a few minutes on white blotting paper to absorb the butter. Serve on a warm dish with sauce à la maître d'hôtel poured over. All fish of delicate meat can be prepared in the same way.

Perch à la Polonaise.—After the fish has been well washed and cleaned pour over some vinegar, put it into a fish kettle of boiling salted water to which a little vinegar has been added. When boiling again draw the kettle to the side of stove and let it stand half covered about 10 to 20 minutes, until done. When done lay the fish on a warm, long dish; chop fine 2 hard-boiled eggs, add them to 4 ounces melted butter, the juice of $\frac{1}{2}$ lemon, 1 teaspoonful fine-chopped parsley, and $\frac{1}{2}$ teaspoonful nutmeg; pour this over the fish and serve.

Fillets de Perches à la Villeroi.—Remove the skin and bones of a well-cleaned fish, cut the meat into small fillets about 2 inches square, sprinkle with a little salt, and fry slowly in butter

half done. After cooling off dip each piece first into thickly boiled Villeroi sauce, then in fine bread crumbs, next in beaten egg, and lastly into fine bread crumbs again; fry them in boiling fat to a fine golden color. Lay the fillets for a few minutes on blotting paper to absorb the grease; serve on a warm dish and garnish with fried parsley. All fish of delicate meat may be prepared in the same way.

Perch au Gratin.—Clean, wash, and dry the fish, lay in thickly buttered pan, season with salt, add 1 pint of white wine, cover with buttered paper, put the pan over the fire; as soon as it boils set in the oven and baste frequently. Chop fine 2 onions, 6 mushrooms, and 1 tablespoonful chopped parsley, stew in 1 ounce butter 10 minutes; put half of this in a round dish and lay the fish over it. Add to the remaining mushrooms and onions a few spoonfuls Spanish sauce and a little of the fish gravy; pour it over the dish, cover with bread crumbs, pour a little melted butter over, and bake a few minutes in a hot oven; then serve with Spanish sauce. Pike and other fish may be prepared in the same way.

Fillets of Perch à la Joinville.—Clean, wash, dry, and skin the fish, remove the bones, cut the meat into small fillets, shape them, and put over one side a thin layer of fish forcemeat to which some fine herbes and fine-minced boiled beef's tongue have been added; pack it even with a knife, lay the fish in a thickly buttered pan, and cover with a buttered paper. About 15 minutes before serving set the pan in a hot oven and bake until the fish is done. Arrange the fillets in a circle on a warm dish, pour in the center $1\frac{1}{2}$ pint of boiled asparagus tops, pour over 1 pint of sauce veloutée, and serve.

Perch with Oysters.—Remove the skin and bones of a medium-sized perch, cut the meat into small fillets about $2\frac{1}{2}$ inches square, shape them nicely; sprinkle with salt, dip in beaten egg and powdered cracker, and fry in butter light brown; arrange on a dish in the form of a border, and pour in the center an oyster ragôut.

Fillets of Perch Frité.—Have a good-sized perch cleaned and washed, remove skin and bones, cut the meat into small fillets about 2 inches square; season with salt, pepper, and lemon juice, and set aside 20 minutes. Before serving wipe the fillets dry and roll in flour; beat up 2 eggs, take each piece separately on a fork, dip in the egg and drop into boiling lard; fry to a delicate brown. Lay them on blotting paper, and serve on a napkin with lobster or crab sauce. Sole, pike, weakfish, and flounders may be prepared in the same way.

Perch à la Béchamel.—Scale, clean, and wash a medium-sized fish, remove skin and bones, cut the meat into pieces about $2\frac{1}{2}$ inches square, season with salt, and lay in a thickly buttered pan; pour over the juice of 1 lemon and 2 ounces melted butter; set in a hot oven to bake. As soon as done take them out; add to the gravy 1 pint of béchamel sauce, boil until the sauce is somewhat thick; beat up the yolks of 2 eggs with a little cream, and add to the sauce. Put a layer of fish forcemeat in a deep pie dish, bake it in the oven about 10 minutes; lay half of the fish on to the forcemeat, pour some of the sauce over, then the remaining half of the fish and some more sauce; sprinkle thickly with grated Parmesan cheese, drop a little melted butter over, and bake in the oven until light brown; then serve. Pike, weakfish, sole, or flounder can be prepared in the same way.

PIKE.

In season from September to April.

Where found, etc.—Pike is the common name of the soft-rayed abdominal fishes of the family *Esocidæ*. Their principal location is in North America, only one species being found in Europe and in the temperate zone in Asia; it is confined to fresh water, and to the northern hemisphere. The body is elongated and scaly; it rarely exceeds 3 feet in length or a weight of 12 to 20 pounds; young pikes or pickerels are of a greenish hue, their color varying at all ages. The pike inhabits most of the rivers and lakes in Europe. The common pike of the Northern States attains a length of 1 to 2

feet; the long or shovel-nosed pickerel attains a length of 1 to 2 feet. The color varies in different localities, but the body is mostly greenish above and golden yellow on the sides.

Pike, Boiled.—Select a fresh fish weighing from 3 to 4 pounds, clean and wash it, lay it on the drainer in a fish kettle, cover with cold water; add 2 tablespoonfuls salt, ¼ cup white vinegar, 1 fine-cut onion, a bouquet, and 12 whole peppers; set the kettle over the fire; as soon as it begins to boil, draw the kettle to side of stove, and let simmer till the fish is done; then lift the pike out of kettle, slide it on to a warm dish; garnish with parsley and cut lemon. Serve with horseradish or mustard sauce.

Pike, Collared.—Scale and clean the pike, and fasten its tail in its mouth by means of a skewer; lay it in a thickly buttered pan, sprinkle with salt; add ½ pint white wine, 1 bay leaf, a little thyme, and 2 onions. Set the pan in the oven, baste freely, and let the fish bake until done; serve with oyster sauce.

Pike. Stewed.—Take a fresh fish weighing 3 pounds, clean, wash, and cut it into pieces; season with 1 heaping tablespoonful salt, and let it lie 1 hour. Place the fish in a saucepan, add 1 pint white wine, 1 pint water, 3 fine-cut onions, 2 bay leaves, 4 cloves, 6 whole peppers, 1 lemon cut into slices and freed from the pits; place over the fire; as soon as it commences to boil, draw the saucepan to side of stove, and let simmer slowly (about 15 minutes) till done. Remove the fish to a warm dish; melt 2 ounces butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; strain the fish broth, add to the butter and flour, boil 5 minutes; mix the yolks of 2 eggs with 1 tablespoonful sugar, add a little of the sauce to the yolks, then add the yolks to the sauce, and pour it over the fish. Perch or weakfish can be prepared in the same way.

Pike Farci.—Procure a medium-sized fresh pike, clean and wash it, split the fish through the back, remove the back bone, wash and wipe it dry; season the fish inside with salt, and set aside. Melt 1 ounce of butter in a saucepan, add 1 fine-chopped onion,

cook 3 minutes; then add ½ cupful fine-cut mushrooms, and 3 fine-cut boneless anchovies, cook and stir 3 minutes; add ½ cupful bread which has been soaked and pressed out in cold water; stir until the bread has formed into a smooth paste. Remove, and when cold mix with the yolk of 1 egg and 1 whole egg, ½ pound fine-chopped fish meat, either of bass, white fish, or pickerel; season with 1 even teaspoonful salt, ¼ teaspoonful pepper, 1 teaspoonful chopped parsley. Stuff the pike with this forcemeat, sew it up; remove the skin from one side of the fish, lard the exposed meat with small strips of larding pork, sprinkle over some pepper and salt. Lay the fish on a drainer into a deep baking pan, with a few slices of larding pork under the fish; add 1 onion cut in slices, 1 bouquet, 6 whole peppers, 1 pint red wine, and 1 pint of white broth; cover with buttered paper, place the pan in a hot oven, and baste frequently. When nearly done, remove the paper, continue the baking and basting until the fish is brown and glossy. Then lift the fish out of the pan, slide on to a warm dish, garnish with baked tomatoes stuffed with rice and small glazed onions. Serve with horseradish or mustard sauce.

Pike, Stuffed and Baked.—Select a medium-sized fresh fish, clean, wash, and wipe it dry; season with salt and pepper; fill with well-seasoned forcemeat, sew up. Truss the pike into the shape of the letter S; make 2 incisions on each side, lay in a roasting pan, with 3 thin slices of larding pork underneath; pour over the juice of 1 lemon and 2 ounces melted butter; add ½ carrot cut into slices, a bouquet, 1 sliced onion, ½ cupful broth (or boiling water with a little beef extract), ½ cupful white wine or claret; cover the pike with buttered paper; set the pan in a hot oven, basting frequently. When done, lift out of pan, lay on a hot dish; strain the gravy. Melt 1 tablespoonful butter, add 1 tablespoonful flour, stir for a few minutes; add 1 cupful boiling water, 1 teaspoonful beef extract, the strained fish gravy, boil 5 minutes; add the juice of ½ lemon, a small piece of butter, and a little Cayenne pepper (if the

sauce is too thick, add more boiling water or broth); if necessary, add more salt; pour a little of the sauce over the fish, and serve the remaining in a sauce bowl. Weakfish, haddock, and bluefish may be prepared in the same way.

Pike with Sauerkraut.—Wash 1 quart sauerkraut in cold water, place it in a saucepan over the fire, add ½ cupful lard, cover with boiling water, and boil till done. In the meantime split a well-cleaned 3-pound pike through the back, remove the skin and bones, cut the meat into 2-inch pieces; season with salt and pepper; dip the pieces into beaten egg, roll in fine bread crumbs, and fry light brown in butter. When the sauerkraut is done, pour it into a sieve, drain off the water; return the kraut to saucepan, add 1 tablespoonful butter and ½ cupful white wine; set the saucepan over the fire and cook 10 minutes. Butter a pudding dish, put in a layer of sauerkraut, then a layer of fish; continue in alternate layers till all is used; let the last layer be kraut. Mix 3 well-beaten eggs with ½ pint of sour cream, pour over the kraut; sprinkle over 3 tablespoonfuls bread crumbs and a little melted butter. Set in hot oven and bake light brown; serve with boiled potatoes.

Fillets of Pike à la Marinière.—Remove the fillets from 2 small fish, cut them into 6 or 8 pieces, season with 1 even tablespoonful seasoning salt and the juice of 1 lemon. Lay the fillets in a buttered pan, pour over each a little melted butter, cover with buttered paper, and set for 1 hour in a cool place. Prepare a fish essence of the heads and bones (see Essence). Twenty minutes before serving, place in a hot oven, and bake till done; then remove the fillets to a warm dish, add 1 tablespoonful flour to the fish gravy, stir for a few minutes over the fire; add 1 cupful white broth, ½ cupful of the fish essence; add ½ can small mushrooms, and cook slowly 10 minutes; then add 1 pint of prepared shrimps, the juice of ½ lemon, a small piece of butter, and 1 teaspoonful fine-chopped parsley. Boil at the same time 12 small forcemeat balls in salted water, pour the above preparation in the center of a warm dish,

add the forcemeat balls, and lay the fish fillets in a circle around the ragoût.

Fillets of Pike with Fines Herbes.—Remove the skin and bones from 2 small pikes, cut the meat into 6 or 8 fillets, season with 1 even tablespoonful seasoning salt, lay in a buttered pan; sprinkle over the juice of 1 lemon, 2 tablespoonfuls fine-chopped onion, the same of mushrooms; pour 2 ounces melted butter over the fillets, cover with buttered paper; place the pan in a hot oven, baste frequently, and bake till done. In the meantime place the fish bones in a saucepan over the fire, add ½ cupful white wine, or ¼ cup of vinegar, a little salt, 1 fine-cut onion, 12 whole peppers, 2 cloves, a sprig of thyme, and 1 pint cold water, boil ½ hour, then strain. Shortly before serving, remove the fish to a warm dish, add to the gravy in pan 1 heaping tablespoonful flour, stir and cook on top the stove for a few minutes; add 1 cupful white broth and 1 cupful of the fish broth, cook 5 minutes (if too thick add a little more broth); pour a little of the sauce over each fillet and serve the remainder in a sauce bowl with the fish.

Pike Pastete.—Clean and wash a medium sized fish, remove skin and bones, cut the meat into 1½-inch-square pieces; sprinkle with salt and pepper, fine-chopped parsley, and lemon juice, and set aside for 1 hour. Melt a piece of butter in a pan, put the fish pieces in, and fry half done. Prepare some fish forcemeat. Remove skin and bones of 1 small pike, mince the meat fine; melt ¼ pound butter, add 2 penny rolls previously soaked and pressed out in cold water, stir for 5 minutes over the fire; when cold, mix it with the fish, add 2 whole eggs and the yolks of 2, 1½ tablespoonful anchovy butter (or 6 fine-minced anchovies), 3 tablespoonfuls Parmesan cheese; season with salt and pepper. Butter a deep pie dish, lay the forcemeat and fish in the dish alternately in layers, and cover with rich pie crust; cut in the center a hole; place the pie in the oven and bake 1 hour. (If the pie should be too brown, cover with buttered paper). When done draw the pie to front of oven;

have ready 1 pint of caper sauce, and pour it into the hole of the top crust; let the pie remain a few minutes, and then serve. In place of pike, any other fish may be taken.

POMPANO.

Seasonable in May, June, July, November, and December.

Pompano, its Description.—One of the best table fish that we have in the market; it may be prepared in different ways, the same as carp, trout, perch, flounders, and sole.

Pompano à l'Allemande.—Remove the fillets from a medium-sized fish, cut and pare into 6 oval-shaped pieces; season with salt and pepper, place in a buttered pan; add ½ pint white wine, 1 small onion, a bouquet, 6 whole peppers; cover with buttered paper and bake in a hot oven, basting frequently. Melt 1 tablespoonful butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 cupful white broth, ½ cupful of the fish gravy, ¼ cup of mushroom liquor, a small bouquet, 6 coarsely pounded peppers, 1 even teaspoonful salt, and cook 6 minutes; then strain into a clean saucepan; mix the yolks of 2 eggs with ¼ cupful cream, add it slowly to the sauce; add lastly 1 tablespoonful lemon juice. When the fillets are done, arrange them on a warm dish and pour over the sauce. Serve with mashed potatoes, or garnish the dish with potato croquettes. All fish with delicate meat can be prepared in the same way.

Pompano Veronitia.—Remove the fillets from 3 fresh pompanoes of 1½ pound each; season with salt, pepper, and lemon juice; put for 1 hour in a covered dish with 1 sliced onion, 2 sprigs of thyme, ½ bunch parsley, 1 clove of garlic. Twenty minutes before serving, wipe the fillets dry, fold double, dip in beaten egg, roll in fresh bread crumbs. Lay the fillets in a thickly buttered pan, pour over 2 ounces melted butter and the juice of 1 lemon; cover with buttered paper, set the pan in a hot oven, and bake till done. Put ½ pint of canned tomatoes in a saucepan, add 1 teaspoonful

butter, ¼ teaspoonful pepper, the same of salt and sugar, cook 10 minutes; then strain. Place in another small saucepan 1 fine-cut onion, 3 tablespoonfuls tarragon vinegar, 8 coarsely pounded peppers, set the saucepan over the fire, and reduce by boiling till nearly dry; then remove from fire. When cold add the yolks of 4 eggs, set the saucepan in hot water, add 4 ounces butter in small pieces, and stir constantly; add 4 tablespoonfuls water, 1 teaspoonful beef extract, 1 even teaspoonful salt; set the saucepan over the fire and stir till the sauce begins to thicken; then strain through a sieve, add the strained tomatoes and 3 tablespoonfuls of whipped cream; pour the sauce on to a warm dish, arrange the fillets over it, and serve with French fried potatoes; or garnish with small slices of bread fried in butter. Carp, trout, perch, and red snapper may be prepared in the same way.

BLUEFISH.

In season from the beginning of May to the end of September.

Bluefish, Baked.—Clean, wash, and wipe a fresh 4-pound bluefish, season inside and outside with salt and pepper; lay in a dish with two onions cut into slices, ½ bunch parsley, the juice of 1 lemon, cover, and let it lie 1 hour; then remove, fill with fish forcemeat, sew up, and place in a baking pan with a few slices of larding pork under it, pour over 2 ounces melted butter, and lay 3 thin slices of pork on top of the fish; cover with buttered paper, and place the pan in a hot oven to bake, baste occasionally with its own gravy. When done remove the fish carefully to a warm dish, garnish with parsley, and serve with boiled potatoes and sauce Hollandaise or egg sauce.

Bluefish, Fried.—Split a well-cleaned bluefish through the back, cut each half into 3 pieces, season with 1 tablespoonful seasoning salt, letting lie ½ hour; then roll the fish in flour; melt 1 tablespoonful lard or fat in a frying pan, when hot put in as many fish pieces as will conveniently lie in the pan, and fry light brown

on both sides; when all are fried arrange them on a hot dish, and serve with French fried potatoes and mustard sauce, or without any sauce. Bluefish fried in larding pork is excellent.

Broiled Bluefish with Butter à l'Allemande.—Split a well-cleaned bluefish of 3 pounds through the back, wash, and wipe it dry, brush each half over with melted butter, lay the fish on a hot broiler with the meat side toward the fire, and broil over clear moderate fire 10 minutes; then turn and broil 5 minutes on the other side. In the meantime mix 2 ounces butter with 1 even tablespoonful seasoning salt, 1 tablespoonful lemon juice, and 1 teaspoonful fine-chopped parsley. Arrange the fish on a warm dish, spread the butter over, and serve with baked potatoes.

Bluefish à la Béarnaise.—Split a well-cleaned bluefish of 3 pounds in weight through the back, remove the skin and bones, cut the meat into 6 pieces, season them with 1 even tablespoonful salt, sprinkle over the juice of 1 lemon, and set the fish aside for 1 hour. In the meantime prepare a sauce Béarnaise, and place it in a warm place. Wipe the fish dry with a napkin, and dust lightly with flour; have 2 well-beaten eggs in a soupplate, take each piece of fish separately on a fork, dip into beaten egg, then in fresh rolled cracker crumbs; when the pieces are prepared lay on a clean board and pat smooth with a knife. Place a frying pan with 2 ounces lard or beef fat over the fire; when hot put in some of the fish pieces, and fry light brown on both sides over moderate fire; when all are done pour the sauce on a warm dish, and arrange the fish over it. Serve with potatoes à la Parisienne. Bluefish prepared in this way may also be served with Tartar sauce.

Bluefish en Papillotes.—Clean, wash, and wipe a 3-pound bluefish, split through the back, remove the bones, and cut each side into 3 pieces; season with 1 tablespoonful seasoning salt, sprinkle over the juice of 1 lemon, lay the pieces in a covered dish, with 2 onions cut into slices, 2 sprigs of thyme, 1 bay leaf, and 12 whole peppers; cover and let it stand 1 hour. Then lay the fish

pieces on a clean napkin, pat until dry, inclose each piece separately in 1 sheet of thickly buttered writing paper, fold the paper to keep the air out, lay in a buttered pan, and place in a hot oven. When swelling and having obtained a fine delicate color they are done; remove them carefully to a hot dish, leaving the paper undisturbed, and serve with French fried potatoes.

Bluefish with Fines Herbes.—Prepare a bluefish as in foregoing recipe, season with pepper and salt, sprinkle over the juice of 1 lemon, and set aside. Melt 2 ounces of butter in a small saucepan, add 2 fine-chopped onions, cook 3 minutes; then add ½ cupful fine-chopped mushrooms (and, if handy, 2 chopped truffles); season with 1 even teaspoonful seasoning salt, cook and stir 5 minutes; remove from fire, and add ½ tablespoonful fine-chopped parsley. Cut 6 sheets of white paper heart-shape, and spread them with butter, lay the papers on a board, a small portion of the above prepared herbs on the paper, and on top 1 fish piece; cover the fish with a layer of the same herbs; then lift up the other side of the paper and twist the edges together with the fingers. Lay the papillotes in a buttered pan, and bake in a hot oven until they swell and have obtained a fine brown color. Arrange them on a warm dish, leaving the papers undisturbed, and serve with potatoes à l'allemande.

BUTTERFISH.

In season from October to April.

Butterfish, Fried.—Clean and wash 6 fresh butterfish, wipe dry, season with salt, roll in flour, and fry in hot fat or pork, then serve.

Butterfish à la Marinière.—Lay 6 well-cleaned butterfish in a covered dish, season with 1 tablespoonful seasoning salt, add 1 onion cut into slices, the juice of 1 lemon, some parsley, and 1 sprig of thyme; leave them for 1 hour. Then remove, wipe dry, dust lightly with flour, dip in beaten egg, and roll in bread or cracker crumbs. Place a frying pan over the fire with 1 tablespoonful lard or beef fat, add a little butter, and when hot put in the fish; fry to

a delicate brown on both sides and well done. Serve with potatoes in parsley sauce.

BLACKFISH.

In season from April to October.

Blackfish à la Stamford.—Procure a good-sized fresh fish, split it through the back, remove the skin and bones, and cut the meat into thin slices 3 inches long; season with salt, lay in a covered dish with 1 sliced onion, the juice of 1 lemon, and ½ bunch of fresh parsley; cover the dish, and let stand 1 hour. Mix the yolks of 2 eggs with ½ cup of milk, add ½ teaspoonful salt, 1 tablespoonful melted butter, 2 tablespoonfuls flour, and stir this to a smooth batter; beat the 2 whites to a stiff froth, add to the batter; then wipe the fish dry, dust lightly with flour, take each piece separately on a larding needle, dip into the batter, and drop into boiling fat (do not put in too many at a time); fry to a delicate brown color. Lay the fish for a few minutes on blotting paper, to absorb all the grease, then arrange on a hot dish; serve with mashed potatoes and tomato sauce à l'allemande.

Blackfish, Baked.—Select a good-sized fish, weighing from 4 to 5 pounds, season with pepper and salt. Lay the fish with 3 slices of larding pork under it into a baking pan; lay a few slices of pork on top the fish, sprinkle some melted butter and lemon juice over, place in a hot oven, and bake till done (if it should brown too much on top, cover with buttered paper). When done, transfer the fish carefully to a warm dish, and garnish with fried tomatoes; serve with boiled potatoes and Robert sauce.

Blackfish, Fried.—Procure a fresh fish of 3 or 4 pounds, clean, wash, and dry it; season with salt, split it through the back, and cut each half into 3 pieces; roll them in flour, and fry in half lard and half butter or pork lightb rown. Serve with French fried potatoes.

BASS.

In season the year round.

Bass—Where found, etc.—A family of sea and fresh-water fishes, of which there are many known varieties in the American waters. Bass of various kinds are found in most of the waters of the world, and are everywhere highly esteemed as a table fish. The American varieties are the sea bass, called sometimes blue or black bass. Its general color is blue-black, slightly bronzed. The weight of the sea bass varies from ½ pound to 17 pounds, and is in season from May 15th to the end of October. The striped bass is the rock fish of the Delaware and Potomac rivers; its color is bluish brown above, silvery white below. This fish winters in the deep, warm, muddy sea bays, and runs up the rivers in the spring in pursuit of the smelt, also to devour the shad roe and to spawn in the autumn. It runs from the size of a smelt up to a weight of 50 and 70 pounds, is an excellent fish for the table, and in season the year round. Lake and black bass are in season from June to December.

Bass baked Plain.—Select 1 well-cleaned bass of 4 pounds or 2 of 2 pounds each, season with salt, place in a baking pan, put 1 tablespoonful lard, good beef fat, or larding pork in the pan, put ½ tablespoonful butter inside the fish, and pour a little melted butter over. Bake 35 minutes in a hot oven or until done; serve with baked or boiled potatoes and mustard sauce.

Bass, Broiled.—Split open a 3-pound bass through the belly to the back without separating the fish, remove the back bone, wash and wipe the fish dry; season it with 1 even tablespoonful seasoning salt; brush the fish over with a little melted butter or olive oil; place it on a broiler with the flesh side toward the fire, broil over a moderate, clear fire 10 minutes; then turn and broil 5 minutes on the skin side. Dress the fish on a hot dish and spread 2 ounces maître d'hôtel butter over; serve with baked potatoes.

Bass, Fried.—Procure a 4-pound bass; clean, wash, and split the fish in halves, then cut each half into 3 pieces; season with 1½ even tablespoonful seasoning salt, and roll in flour. Cut ½ pound larding pork into small pieces, place it in a frying pan, and fry till it begins to turn light brown; then pour half the pork in a small saucepan, and keep it warm; put as many of the fish pieces in the pork as will conveniently go in, and fry light brown on both sides (care should be taken not to have the fire too hot); keep adding more of the pork in the saucepan as the frying continues. Serve with mustard sauce and boiled potatoes, or send to table without sauce. In place of pork the fish may be fried in lard, beef fat, or half butter and half lard or fat; some prefer to have the fish fried in oil.

Fillet of Bass, Fried.—Procure 2 bass, each weighing 1½ pound, split them through the back, remove the skin and bones, pare the meat into oval shapes, season with 1 even tablespoonful seasoning salt, and dust lightly with flour; dip in beaten egg, then roll in fine bread crumbs, fry in half butter and half lard to a golden color. Dress on a warm dish, garnish with parsley, lemon, and potato chips, and serve with sauce Tartare.

Bass stuffed with Oyster Forcemeat.—Procure a well-cleaned 4-pound bass, season with 1 tablespoonful seasoning salt, and fill the inside with oyster forcemeat; sew up and lay in a baking pan with a few slices of larding pork under it. Lay 3 slices of pork on top the fish, and pour 1 ounce melted butter and the juice of 1 lemon over, then set in a hot oven to bake 35 minutes. When done remove the fish carefully to a warm plate, and serve with tomato sauce à l'allemande or egg sauce.

Bass, Boiled.—Place a well-cleaned bass of 6 pounds on a drainer in a fish kettle, cover with cold water; add 1 tablespoonful salt to every quart of water; add ½ cupful white vinegar, 2 onions, a small carrot, and a bouquet; set the kettle over a strong fire; as soon as it begins to boil draw the kettle to side of stove, and let

simmer 40 minutes. When done lift the fish from the water, drain and slip it on to a warm dish; serve with oyster sauce.

Bass à la St. Hélair.—Procure a bass weighing about 2½ pounds, wash and wipe it dry, season with 1 tablespoonful salt and 1 even teaspoonful pepper; lay the fish in a dish with 2 fine-chopped onions, 1 sprig of thyme, 3 sprigs of parsley, and sprinkle over the juice of 1 lemon; cover it tightly and let it lay in this marinade 1 hour. Forty minutes before serving place the fish in a buttered pan with 3 thin slices of pork under it; pour ½ cup of white wine into the pan; add the chopped onions, parsley, and thyme, cover with buttered paper, and bake in a quick oven till done, basting it frequently. In the meantime fry ½ tablespoonful flour in ½ tablespoonful butter for a few minutes; add sufficient boiling water to make a creamy sauce; add ½ teaspoonful beef extract, 2 tablespoonfuls fine-chopped mushrooms, and a little garlic. Place the fish on a hot dish, strain the gravy, add it to the sauce in the saucepan, boil 8 minutes; pour it over the fish, and serve.

Striped Bass à la Saragossa.—Clean and wash a bass, from 5 to 6 pounds, season with 1 tablespoonful seasoning salt; place a saucepan with 2 ounces of butter over the fire; add ½ cupful fine-chopped onions, the same of chopped carrots, cook and stir 5 minutes; then add ½ cupful chopped mushrooms, ½ cupful mushroom liquor, a large bouquet, 1 quart white broth, 1 bottle white wine, cover and boil ½ hour; set aside, and when cold strain the broth through a fine sieve. Place the fish on a drainer in a fish kettle, pour over the broth, set the kettle over the fire; as soon as it commences to boil remove to side of stove, and let simmer till done. In the meantime melt 2 ounces butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add ½ pint of white broth, ½ pint of fish broth, cook 10 minutes; mix the yolk of 2 eggs with 1 tablespoonful lemon juice, add them gradually to the sauce; place the saucepan in hot water to keep warm. When the fish is done lift it from the kettle, drain and brush the bass over with glaze

mixed with a little lobster butter; slip the fish on to a warm dish and garnish with oysters à la Villeroi and mushrooms stewed in butter; or garnish with fried oysters and scallops. Pour the sauce into a sauce bowl, and serve with the fish.

Bass à la Radzivill.—Butter thickly the drainer of a deep fish pan; cover the bottom with onions cut into slices, 1 sliced carrot, a bouquet, 3 thin slices of larding pork, 2 ounces fine-cut ham, and 12 whole peppers. Clean and wash a medium-sized striped bass; season it with 1 tablespoonful seasoning salt well rubbed inside and outside the fish; lay the fish on the drainer, pour 1 bottle Rhine wine over, cover with buttered paper, place the pan over the fire, and boil 5 minutes; then set the pan in the oven, bake, and baste often till the fish is done. Lift the bass from the pan, strain the broth into a saucepan, remove the fat, reduce the broth by boiling it to half glaze. Return the fish to the pan, pour the broth over, set in the oven, and baste till glazed all over; then slip on to a warm dish, garnish with peeled olives, whole stewed mushrooms, small green pickles, and a few sliced truffles cooked in wine, and serve with sauce génevoise. Salmon trout and chicken halibut may be prepared in the same way.

Bass à l'Espagnole.—Season a 3-pound well-cleaned bass with 1 tablespoonful seasoning salt; lay the bass in a covered dish with the juice of 1 lemon, 1 clove of garlic, 2 slices onion; let stand 1 hour; then wipe the fish dry with a soft napkin, place a large enough fish kettle over the fire with sufficient olive oil to cover the fish. Lay the bass on the fish drainer, put 3 medium-sized tomatoes on top of the fish; as soon as the oil is boiling hot put in the fish and cook 20 minutes; then remove, let the fish drain, slip it on to a warm dish; garnish with 6 stuffed baked green peppers, 18 small white onions parboiled in water and cooked in a little butter. Serve with Colbert sauce.

Bass baked à l'Espagnole.—Obtain a 4-pound bass, clean, and wash it, season with 1 tablespoonful seasoning salt, put on a

long dish with 2 onions cut into slices, sprinkle over the juice of 1 lemon, cover the fish. Let it lie 1 hour. Then lay 3 or 4 thin slices of larding pork in the bottom of a baking pan, put a few slices of the onion on top of the pork, over this place the fish, put 1 ounce butter inside the fish, 3 small tomatoes with 3 slices of onions on top of it, and pour 2 ounces butter over all; lastly, sprinkle over 2 tablespoonfuls fine-chopped green pepper, place in a hot oven, and bake from 30 to 40 minutes. Remove the fish carefully to a hot dish; free the gravy from the onion and pork; add 1 tablespoonful flour to the gravy, stir for a few minutes over the fire; add 1½ cupful boiling water and cook 5 minutes; then strain, add ½ cupful mushroom liquor, 1 teaspoonful beef extract, a little seasoning salt, cook a few minutes; mix the yolks of 2 eggs with the juice of ½ lemon, add it gradually to the sauce, add ½ tablespoonful butter in small pieces, and serve. This fish may be served with a tomato sauce or without sauce.

Fish Croquettes.—Cut remnants of cold cooked fish into small pieces; place a saucepan with 1 ounce butter, 2 tablespoonfuls fine-chopped onion, ½ clove of bruised garlic over the fire; cook 5 minutes; add 1 tablespoonful flour, stir, and cook 3 minutes; then add 1 cupful milk, 1 teaspoonful salt, ½ even teaspoonful white pepper, ½ teaspoonful dry mustard, and, if handy, ½ cupful fine-chopped mushrooms; add the fish meat, stir, and cook 5 minutes; then add the yolks of 3 eggs and ½ tablespoonful fine-chopped parsley; put the preparation on a flat dish and let stand in a cool place. Thirty minutes before serving, form the preparation into cork-shaped croquettes, dip in beaten egg, cover with fresh grated bread crumbs, and fry light brown in hot fat. Or the croquettes may be formed into small pyramids and then fried. In serving these dress on a hot dish, stick a small sprig of parsley in the top of each, and serve with oyster, caper, or Tartar sauce.

Croquilles de Poisson.—Boil 1 pound of halibut the same as for fish salad (see my book "Desserts and Salads, recipe 907), break

it into small pieces, and mix with the following sauce: Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir, and cook 2 minutes; add 1 cupful chicken broth, ½ cupful milk, 12 whole peppers, a small bouquet, ½ gill mushroom liquor, ½ teaspoonful nutmeg, 1 even teaspoonful salt, cook 5 minutes; then strain, add ½ gill sweet cream, and the fish; fill it in table shells, sprinkle over some fresh grated bread crumbs and a little melted butter, bake light brown in the oven, and serve.

Cream Fish Forcemeat.—Chop fine 1½ pound fish, either of halibut or whitefish, pound it very fine in a mortar, press it through a sieve, then weigh it; there should be 1 pound; season with 1 teaspoonful salt, a little nutmeg and red pepper, add gradually the whites of 2 eggs and 1 pint of whipped cream, measured before it is whipped, place it for 2 hours on ice.

Fish Border.—Butter a border form and fill it with the above cream fish forcemeat, set the form in a pan of hot water, let the water reach one third up the form, cover with buttered paper and bake in medium-hot oven till firm to the touch; remove, turn the boarder on to a round dish, put a lobster Newburg or a lobster ragout or creamed oysters in center, and serve.

Fish Timbales.—Butter some timbale forms, fill them with the cream fish forcemeat, set the timbales in a pan of water, let the water reach one third up the forms, cover with buttered paper, and bake till firm to the touch; remove, unmold, and serve with fine hollandaise sauce.

Fish cream forcemeat is also used to decorate fish fillets; it may also be colored pink.

MEATS.

BEEF.

Beef, Braised.—Select a piece of beef of 4 pounds from the rump, see that one side is covered with fat, remove the bone; season the meat with 1 tablespoonful salt, 1 teaspoonful pepper, roll it up and tie it firmly with 3 strings; saw the bone into small pieces, lay in a saucepan with 2 ounces larding pork, 2 ounces raw ham, 2 onions, 1 carrot, both cut into pieces; add a bouquet, put the meat on top of this; add 2 quarts stock or broth. Cover the meat with buttered paper, put on the cover, place the saucepan over the fire. As soon as it boils, draw to side of stove, and let simmer 3 hours; then take the meat out, lay it in a roasting pan with a little broth; strain the remaining broth through a clean cloth, remove every particle of fat, return the broth in an uncovered saucepan to the fire, reduce it by boiling to 1 pint. Remove the strings from the meat, pour over the broth, place in a hot oven, and roast 30 minutes (basting frequently), when the broth will have become a half glaze. Lay on a warm dish, add to the gravy in pan 1 cupful boiling water, scrape all the brown part loose from the bottom and side of pan, and mix it with the gravy. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add the gravy from the pan (if too thick add more boiling water), stir and cook 5 minutes; add the juice of 1 lemon, 1 teaspoonful sugar; pour a little of the sauce over the meat, and serve the remainder in a sauce bowl. Garnish the meat with 1 pint of cooked carrot balls, 1 pint of small white cooked onions, and 1 pint of small potato balls, cut out with a vegetable cutter and boiled (see VEGETABLES). In place of lemon juice $\frac{1}{2}$ pint white wine may be used; it is then called Braised Beef à la Flamande.

Braised Beef à l'Américaine.—Take a piece of beef from the cross ribs, lower sirloin, or upper round, weighing from 4 to 6 pounds, season with salt and pepper. Cut ½ pound suet into small pieces, put it in a saucepan over the fire, and fry light brown; put in the meat, turn frequently and cook till it has obtained a light brown color all over; then add 1 pint of boiling water, cover and cook slowly 2 hours. Remove the meat, strain and free the gravy from fat, return it to the saucepan, adding 1 can tomatoes; as soon as it boils, put in the meat, and cook till tender. When ready to serve, place the meat on a hot dish, strain the sauce, and serve with mashed potatoes.

Braised Beef à la Française.—Procure a piece of beef of 6 pounds from the rump well covered with fat; remove the bone and lard the meat with strips of raw ham; season with salt and pepper; put the bone, cut into pieces, with 2 fine-cut onions, 1 carrot, 1 stalk of celery, a bouquet, and 1 leek, in a saucepan; place the meat on top of this, pour over 1½ cup sherry wine, 1 gill of brandy; set the saucepan over the fire, cook 10 minutes; then add sufficient veal broth to nearly cover the meat, cover with buttered paper, put on the lid, and cook slowly 4 hours. Remove the meat, take off the strings, put it in a roasting pan; strain the broth, remove all the fat, pour 1 pint of the broth over the meat, set it in a hot oven, roast and baste frequently 30 minutes; put the remaining broth in a saucepan over the fire, and reduce by boiling without a cover to 1 pint. Melt 1 ounce butter in a small saucepan, add 1 fine-chopped onion, a little fine-chopped carrot, cook 6 minutes; add 1 tablespoonful flour, stir a few minutes; add the reduced broth, ½ cupful mushroom liquor, ¼ teaspoonful pepper, and boil 10 minutes; then strain, add the gravy from the meat (if too thin, reduce the sauce by boiling). When ready to serve, pour a little of the sauce over the meat, arrange on a hot dish, and garnish with young cooked vegetables in season.

Braised Beef à la Jardinière.—Procure a nice rump piece of beef of 6 pounds, remove the bone; season with 1 tablespoonful

salt, ½ tablespoonful pepper, roll the meat up and tie it with 3 strings. Cut the bones into small pieces, place them in a saucepan large enough to receive the meat; add a small shank of veal cut into small pieces, 2 large onions cut into slices, 1 carrot, 1 leek, and a bouquet; lay the meat on top of this, cover with cold water, place the saucepan over the fire; as soon as it boils cover the meat with a piece of buttered paper, put on the lid, draw the saucepan to side of stove, and let boil slowly from 3 to 4 hours. (One may ascertain if done by sticking a larding needle into the meat; if penetrating easily it is done, if not the boiling must be continued. The one-week-old meat of a young animal generally cooks well done in 30 minutes for each pound; but the meat of an old animal and fresh meat needs longer cooking.) When done, take the meat out, remove the strings, lay in a roasting pan with 1 pint of the strained broth; set it in a hot oven and roast 20 minutes, basting frequently; strain the remaining broth, remove all the fat, return the broth to the fire in a saucepan, and reduce it by boiling to 1½ pint. Melt 1 ounce butter in a saucepan, add 1½ tablespoonful flour, stir for a few minutes; add the strained broth, also the gravy from the meat in oven, cook 10 minutes; add a small piece of butter and ½ teaspoonful beef extract, pour a little of the sauce over the meat. Dress on a hot dish, garnish with 1 pint of boiled cauliflower roses, 1 pint cooked carrot balls, 1 pint stewed green peas, ½ pint of boiled asparagus tops, and 1 pint small potato balls. Each vegetable is to be cooked separately, the cauliflower, the asparagus, and potatoes in salted water, the peas and carrots in water with a little sugar; when the vegetables are done, drain them, add to each one ½ tablespoonful butter, to the peas and carrots a little salt; toss them up for a few minutes over the fire, then lay in clusters around the meat, and serve with the sauce. Any other vegetables in season may be used in place of the above named.

Braised Beef à la Brussel.—Choose a piece of beef from the middle sirloin weighing from 6 to 8 pounds, remove the bone and fat, then cut some larding pork into long, finger-thick strips,

chop 1 onion very fine, mix it with 1 tablespoonful salt, 1 teaspoonful pepper, 1/4 teaspoonful allspice, 1/2 teaspoonful thyme; roll the strips of pork in this seasoning. Then make incisions in the meat 1 inch apart, put into each a piece of the pork; season the meat all over with salt and pepper, roll up tightly, and tie with strings. Chop the bones into small pieces, put into a stewpan, add 2 onions with 2 cloves stuck into each, 1 carrot, and a large bouquet; lay the meat on top of this; add 1 pint red wine and 1 gill of brandy, cover and cook 30 minutes, turning the meat occasionally; then add 1 quart of stock, cover the meat with buttered paper, put on the lid and cook 2 1/2 hours, basting frequently with its own gravy. Take out the meat, place it in a roasting pan, strain the broth, remove all the fat, and pour the broth over the meat; add 1/2 cup currant jelly and 1/2 cupful red wine, set the pan in a hot oven and roast till well done, basting frequently. When done lift the meat to a warm dish; mix 1 tablespoonful cornstarch with a little cold water, add it to the gravy, stir and cook on top of stove for a few minutes, then strain; pour 2 tablespoonfuls over the meat, garnish with small potato dumplings, and serve with the sauce.

Pot Roast.—Pot roast should either be cooked rare or till well done. Choose a nice thick piece of beef from the lower sirloin or cross rib weighing about 4 pounds, season with salt and pepper, tie it firmly with strings into a round shape. Cut 4 ounces larding pork into small pieces, put them in a saucepan large enough to receive the meat, place the saucepan over the fire and fry till the pork is light brown; then add 2 ounces of butter, put in the meat, cook and turn till the meat becomes a fine brown color; then add 1/2 pint of stock, 1 carrot, and 2 onions, cover and cook till done (about 1 hour for 4 pounds if wanted rare, and 3 hours if well done). If the gravy should boil away add more broth or water, a little at a time. When done take out the meat, remove the fat from the gravy; mix 1 tablespoonful cornstarch with 1/2 cupful water, add it to the gravy, stir a few minutes, then add sufficient stock or boiling water to make a creamy sauce, boil 5 minutes; strain and pour a

little over the meat, dress on a warm dish; garnish with stuffed tomatoes and potatoes tortonia.

Pot Roast à l'Allemande.—Select a piece of beef from the lower sirloin or rump; if the rump is taken, remove the bone; season the meat well with salt and pepper, tie it into a round shape with strings. Melt 4 ounces butter in a saucepan; as soon as melted put in the beef, turn often, and cook till the meat has obtained a fine color; add 1 cup of stock or boiling water, cover and cook till nearly dry; then add 1 pint of sour cream, 1 onion, a few slices of carrot, and a bouquet, cover and cook slowly till the meat is done. (If wanted rare, allow 15 minutes to a pound; if well done, 30 minutes. All pot roasts must either be cooked rare or well done.) Shortly before serving take the meat out, remove the strings, and lay it on a warm dish; free the gravy from the fat, mix 1 tablespoonful cornstarch with a little cold water, add it to the gravy, stir and cook a few minutes; add sufficient stock or boiling water to make a creamy sauce, cook 3 minutes; then strain, pour a few spoonfuls over the meat, and serve the remaining sauce in a sauce-bowl. With this meat, creamed beans and boiled potatoes may be served, or nudles boiled in salted water and dressed with fried bread crumbs. (If cream is not handy sweet milk may be taken.)

Sour Roast.—Select a piece of beef of 4 pounds from the lower sirloin; cut $\frac{1}{2}$ pound larding pork into finger-thick strips, chop fine 1 onion, mix it with 1 tablespoonful salt, $\frac{1}{2}$ tablespoonful pepper, $\frac{1}{4}$ teaspoonful allspice; make incisions 1 inch apart in the meat with a pointed knife, roll the pork strips separately in the onion seasoning; put one into each incision; rub the remaining seasoning all over the meat, tie it into a round shape. Place the meat into a bowl, mix 1 pint of strong white vinegar with $\frac{1}{2}$ pint of water, pour it over the meat; add 2 onions cut into slices, 6 cloves, 2 bay leaves, 12 whole peppers, cover and set in a cool place for 3 days, turning the meat every day with a fork. When ready to cook put the meat into a roasting pan, add the vinegar, spice,

and onions, also 1 tablespoonful sugar, set in a hot oven and roast 2½ hours, or till done. Shortly before serving lay the meat on a hot dish, remove the strings, and garnish with potato dumplings; strain the gravy, remove the fat, mix 1 tablespoonful cornstarch with ½ cupful cold water, add it to the gravy, stir and cook a few minutes on top of stove (if too thick add sufficient boiling water to make a creamy sauce, boil 3 minutes). Pour a little of the sauce over the meat and serve the remainder in a sauce bowl. Stewed prunes can be served with this dish.

Beef à la Mode.—Procure a nice thick piece of beef off the lower sirloin weighing about 6 pounds; chop fine 1 onion and some parsley, add 1 tablespoonful salt, ½ tablespoonful pepper; cut 4 ounces larding pork and 4 ounces raw ham into finger-thick strips, and make with a pointed knife incisions 1 inch apart in the meat; roll the pork and ham in the seasoning, put the strips of pork and ham alternately into the incisions; tie the meat with a string into a perfect round shape. Cover the bottom of a saucepan with three thin slices of larding pork, 4 ounces raw ham, 3 onions cut into slices, 2 carrots, and a large bouquet; place the meat on top of this, add ½ pint Rhine wine and sufficient white broth to reach half way up the meat; cover with buttered paper, put on the lid and cook slowly 3½ hours. When done take out the meat, remove the strings, trim neatly, lay it on a warm dish; free the broth from every particle of fat and strain it. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir and cook a few minutes; add 1 pint of the strained broth and cook 5 minutes; then strain, pour a little of the sauce over the meat, arrange it on a hot dish, and garnish with boiled potatoes and carrot balls, also small white glazed onions.

Sirloin of Beef à la Hamburgoise.—Procure a piece of 6 pounds from the lower sirloin, cut ½ pound of larding pork into long finger-thick strips; mix 1 tablespoonful salt with ½ tablespoonful pepper, 1 teaspoonful nutmeg, ½ tablespoonful parsley, 1

bruised garlic; make with a pointed knife incisions 1 inch apart in the meat, roll each strip of pork in the seasoning and put a strip of it into each incision; rub the remaining seasoning well into the meat. Place a braising pan large enough to receive the meat over the fire, add 4 ounces fine-cut pork, let it fry till light brown; put in the beef, turn frequently till light brown all over; then add 1 pint of broth, 1 onion, a small clove of garlic, and a bouquet. Set the braising pan in a medium-hot oven, and roast 3 hours, basting frequently and turning the meat every half hour (if the broth boils away add more, but not too much at a time). When the meat is done take it out, trim neatly, and set it with a little of the broth in a warm place. Remove the fat from the gravy; mix 1 tablespoonful cornstarch with $\frac{1}{2}$ cup cold water, add it to the gravy, cook and stir for a few minutes; add sufficient broth to make a creamy sauce, boil a few minutes, then strain; pour a few spoonfuls of the gravy over the meat. Arrange the braised beef on a hot dish, and lay a border of cooked red cabbage around the dish; serve with boiled potatoes and the sauce.

Spiced Beef.—Choose a nice piece of beef off the thick flank, weighing from 6 to 8 pounds; mix 5 tablespoonfuls salt with 1 tablespoonful brown sugar and $\frac{1}{2}$ teaspoonful saltpeter, rub this well into the meat, and place it in a stone jar or bowl, set in a cool place for 5 days, turning it 2 or 3 times during that time (the turning should be done with a fork). When the meat is to be cooked wash it in cold water, remove the gristle and the coarse skin of the inside part. Have ready 2 tablespoonfuls fine-minced onion, 1 tablespoonful chopped parsley, $\frac{1}{2}$ teaspoonful thyme, as much sage as can be held between 2 fingers, $\frac{1}{2}$ teaspoonful allspice, 1 teaspoonful pepper; sprinkle this over the inside of the meat, roll it up in a cloth, and bind firmly with a string; place it over the fire with boiling water, and boil slowly from 4 to 5 hours. When the meat is done take out, put under a good weight without undoing, and let it remain until cold. This meat is very nice cut up cold for lunches or

suppers. In place of flank a rump piece may be taken, and the bone removed.

Roll of Beef.—Take a 4-pound brisket piece of beef, remove bones, skin, and most of the fat; mix 1 even tablespoonful salt with 1 teaspoonful pepper, rub this all over the beef, roll up and tie it firmly. Put a few pieces of pork in bottom of saucepan, add 2 sliced onions, 1 sliced carrot, 1 bay leaf, a few sprigs of parsley, a little celery, 1 sprig of thyme, 1 blade of mace, 3 cloves; lay the meat on top of this cover and cook 20 minutes on top of the stove; then add ½ cup white wine or the juice of 1 lemon, and 1 cup boiling water with ½ teaspoonful beef extract or bouillon; cover tightly and place in a medium-hot oven for 3 hours. Shortly before serving transfer the meat to a dish, remove the fat from gravy, add a little boiling water to the gravy, boil for a few minutes, strain, and pour it over the meat. Fry ½ tablespoonful flour in ½ tablespoonful butter for a few minutes, add ½ pint stock or boiling water with a little beef extract, boil 3 minutes; then strain. Put 2 tablespoonfuls fine-chopped mushrooms with 1 tablespoonful fine-chopped boiled ham or tongue in a small saucepan, add a small wineglassful Madeira wine, 4 tablespoonfuls strained stewed tomatoes, and boil 3 minutes; then add the sauce previously made, boil all up together, add a pinch of salt, and serve with the meat.

Boiled Brisket à l'Italienne.—Procure a nice brisket piece of beef, place it in a soup kettle over the fire, cover with water; as soon as it boils add 2 onions, 1 carrot, a bouquet, a little celery, and 12 whole peppers; season with 1 even tablespoonful salt, ½ tablespoonful pepper, cover and cook slowly from 4 to 5 hours. When done take the meat out, remove all the bones, and trim the meat nicely. Melt 2 ounces butter, add 2 tablespoonfuls flour, cook 2 minutes; add 2 cups milk, ½ cupful mushroom liquor, cook 5 minutes; mix the yolks of 3 eggs with 3 tablespoonfuls cream, add it to the sauce; add 2 ounces grated Parmesan cheese. Remove from fire, lay the brisket pieces in a roasting pan, pour ½ cupful broth

into it, cover the top of the brisket with the above sauce, sprinkle over 2 ounces grated cheese, 2 tablespoonfuls bread crumbs, a little melted butter, bake light brown in a hot oven. In the meantime strain the broth, remove the fat, and reduce the broth by boiling to one half. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, cook 2 minutes; add 1 pint of the reduced broth, ½ teaspoonful beef extract, ¼ teaspoonful pepper, cook 5 minutes; add a small piece of butter, and serve with the meat. Serve any kind of vegetables in season with it.

Beef prepared for Roasting.—The 7 prime ribs are used for roasting, the first 2 ribs near the short loin being the best; the ribs for roasting are prepared in three different ways: One is to saw off the ribs to an inch from the meat, to give the piece selected for roasting as much of a round shape as possible. Another way is to remove all the bones, roll the meat and tie it with a string, this forming the piece into a round shape. The third mode is to leave the bones undisturbed, and roast the beef with the bones.

Roast Beef.—Select 2 ribs of beef and prepare in any of the three forms mentioned above; wipe the meat off with a towel, season with 1 tablespoonful seasoning salt, rubbing the seasoning well into the meat. Lay 4 ounces fine-cut suet in a roasting pan, place over it the meat, lay 6 ounces suet on top; set the pan in a hot oven, roast 30 minutes, then turn the meat over, replacing the suet on top, and roast 40 minutes longer (a piece of 7 pounds will be done in that time; a good plan is to allow 10 minutes for each pound). When done lay the meat on a warm dish, remove nearly all the fat from the gravy; mix 1 tablespoonful cornstarch with ½ cupful cold water, add it to the gravy, also sufficient boiling water to make 1 pint of sauce, boil and stir 5 minutes, then strain; add ½ teaspoonful beef extract and a small piece of butter; serve with the meat. If potatoes are to be roasted in the pan with the meat, peel and wash the desired quantity, and after roasting the meat 15 minutes, lay the potatoes around the meat, sprinkling over some salt;

they will then be done with the meat; turn them once while roasting.

Roast Beef with Yorkshire Pudding.—Roast a piece of beef as in foregoing recipe; 35 minutes before serving sift 1 pint of prepared flour in a bowl, add ½ ounce butter, rub butter and flour together with the hand; add 1 teaspoonful sugar, and gradually 1 pint of milk and 2 well-beaten eggs; mix all well together. Pour a few spoonfuls of the beef fat in a long shallow tin pan, brush it all over the pan, pour in the batter, place in a moderate oven, and bake from 25 to 30 minutes. In serving lay the meat on a warm dish, cut the pudding into square pieces and lay around the meat; pour a little of the beef gravy over each piece and serve. Or the beef must be roasted 30 minutes and the pudding placed under the meat; in that case the meat must be laid on a grating so that the drippings fall upon the pudding below.

Boiled Ribs of Beef.—Procure a 2-ribbed piece of roast beef, cut off the ribs close to the meat, use the round piece of meat for roasting. Rub the ribs thickly with salt all over, let them lay in a cool place or in the ice box for one week; when wanted to use, wash the meat in cold water, place it in a saucepan with cold water over the fire, and boil till tender, which will take 3 hours. Serve with onion or horseradish sauce.

Fillet à l'Américaine.—Season 4 pounds fillet of beef with 1 even tablespoonful salt, ¼ teaspoonful pepper. Put 2 ounces fine-cut suet in a roasting pan, lay the fillet on top the suet, pour 2 ounces melted butter over or lay 2 ounces suet on top the meat, set the pan in a hot oven, and roast 15 minutes; then pour ½ cupful boiling water in the pan, roast 25 minutes, basting frequently. When done lay the fillet on a warm dish; mix ½ tablespoonful cornstarch with 1 gill of cold water, remove the fat from the gravy, add the dissolved cornstarch, stir for a few minutes over the fire; add sufficient boiling water to make a creamy sauce, season with a little beef extract, salt and pepper to taste, boil 3 minutes, strain, pour 2 tablespoonfuls over the meat,

and serve the remaining sauce in a sauce bowl. Place 6 stuffed and baked tomatoes around the fillet and serve.

Fillet of Beef à l'Allemande.—Take 4 pounds of fillet of beef, remove with a small sharp knife the sinewy skin which covers it, lard with fine strips of larding pork, season with 1 even tablespoonful salt, 1 even teaspoonful pepper; lay the fillet in a roasting pan, pour 4 ounces melted butter over, set in a hot oven, and roast 10 minutes; then add ½ gill of water and ½ pint sour cream, baste and roast 30 minutes, allowing 10 minutes to a pound. When done lay the fillet on a warm dish; mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the sauce, stir for a few minutes over the fire; add sufficient boiling water to make a creamy sauce, boil 3 minutes; then strain through a sieve, pour a little of the sauce over the meat, and serve the remainder in a sauce bowl, with the meat. Garnish with shaved horseradish; half of it should be colored with a little pink coloring paste; serve with compote and salad. (For Compote and Salad see my book Desserts and Salads.)

Fillet of Beef à la Berlinoise.—Pare and trim 4 pounds fillet of beef, lard it closely with fine strips of larding pork, season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Lay the meat in a roasting pan a little larger than the meat; add 1 sliced onion, 1 small sliced carrot; baste the meat with 2 ounces melted butter, set in a hot oven and roast 40 minutes, basting occasionally with its own gravy (if the vegetables should brown too much in bottom of pan, add 2 tablespoonfuls of water). At the same time drain off the liquor from a can of mushrooms, melt 4 ounces butter in a saucepan; when hot, put in the mushrooms, add 1 even teaspoonful salt, cover, and cook 15 minutes. When ready to serve, put the fillet on a warm dish, add ½ tablespoonful flour to the gravy in pan, stir for a few minutes on top the stove, then add 1 cupful boiling water, 1 teaspoonful beef extract, ½ cupful mushroom liquor, a small bouquet; season with ½ even teaspoonful pepper, salt to taste, and boil 6 minutes; strain, pour 2 spoonfuls sauce over

the meat, add the juice of ½ lemon to the mushrooms, arrange them around the fillet, and serve with the sauce.

Fillet à la Princesse.—Take 4 pounds of fillet of beef, remove the skin which covers the top, and lard it closely with strips of larding pork; season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Lay in the bottom of a roasting pan a little larger than the meat 3 slices of larding pork, 1 onion cut into slices, 4 slices of carrot, and a few parsley roots; lay the fillet on top of this, place the pan in a hot oven, and roast 40 minutes. When done transfer the meat to a hot dish, place 6 stuffed baked tomatoes around the meat, and serve with the following sauce: Put in a saucepan 1 tablespoonful butter, 1 tablespoonful fine-chopped onion, 1 tablespoonful fine-minced ham, 1 bay leaf, 1 clove, ½ blade of mace, a small sprig of thyme, 2 parsley roots; place over the fire, stir for 10 minutes; add 1 tablespoonful flour, cook for 2 minutes, add 1½ cupful chicken or veal broth, ½ teaspoonful beef extract, 2 tablespoonfuls chopped mushrooms, ½ cupful sherry wine, and the gravy from the fillet; boil 10 minutes; season with ½ even teaspoonful pepper; then strain, pour a little of the sauce over the meat, and serve the rest in a sauce bowl with the meat.

Fillet of Beef, Braise à la Printanier.—Trim and lard a nice thick fillet of beef, season with 1½ even tablespoonful salt, ½ teaspoonful pepper. Put 3 ounces fine-cut raw ham in a saucepan, add 3 ounces larding pork, 1 carrot, 2 onions, and a bouquet; lay the fillet on top of this; add sufficient bouillon to nearly cover the meat, cover with buttered paper, put on the lid. Place the saucepan over the fire; as soon as it boils draw the saucepan to side of stove and boil slowly from 2 to 3 hours. When done take the meat out, lay it in a roasting pan, strain the broth, remove the fat, reduce it by boiling to 1 pint, then pour it over the meat; set the pan in hot oven, baste, and roast 30 minutes. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, cook a few minutes; add the gravy from the meat, add 1 gill Rhine wine, a little mushroom

liquor, 1/4 teaspoonful pepper (if too thick, thin with bouillon or boiling water); cook 5 minutes, then strain; pour a few spoonfuls of sauce over the meat. Lay the fillet on a warm dish, garnish with small clusters of cauliflower roses and stewed green peas, asparagus tops, and small potato balls.

Tenderloin à la Bordelaise.—For a family of 6 procure 2 1/2 to 3 pounds tenderloin, cut it into slices 1 1/2 inch in thickness, trim, and pound lightly to flatten to 1 inch; season with 1 tablespoonful salt, 1/2 teaspoonful pepper; brush over with melted butter. Lay the steaks on a hot broiler and broil over a clear moderate fire from 10 to 12 minutes, turning the meat several times while cooking. (In order to tell when the meat has cooked sufficiently touch it with the finger; if offering slight resistance, it is cooked rare; if cooked to perfection, the resistance will be a little stronger; experience will soon teach this.) Arrange the steak on a warm dish, pour over a hot Bordelaise sauce, see that the marrow lays on top the steaks, and garnish with potatoes tortonia.

Tenderloin, Broiled.—Procure a nice tenderloin, remove the fiber parts, cut the tenderloin into 2-inch-thick slices, beat lightly to flatten to 1 1/2 inch in thickness, trim to a uniform size. Place a broiler over a moderate clear fire, brush the tenderloin steaks over with melted butter, lay them on the hot broiler, and broil 5 minutes on each side; then remove to a warm dish. Spread over each steak 1/2 teaspoonful seasoning butter and serve with potatoes à la Bernhardt.

Beefsteak.—The parts of beef used for steak are: Porterhouse, sirloin, tenderloin, fillet, chuck, round, and flank. A steak should not be cut thinner than 3/4 inch in thickness.

Beefsteaks, Broiled.—Choose any of the above-named steaks 3/4 to 1 1/2 inch in thickness, remove the fat and sinews, brush over with a little melted butter; place a broiler over a moderate clear fire, lay the steak on the hot broiler, turn often, and broil from 10 to 15 minutes, according to the thickness. Lay the steak on a hot

dish; take for 1½ pound of steak 1 ounce of butter, 1 even teaspoonful salt, ¼ even teaspoonful pepper; mix together and spread it on both sides over the steak; serve at once.

Beefsteak, Fried.—For a family of six, take from 2½ to 3 pounds of steak ¾ inch in thickness, remove all fat and sinews, cut the meat into 6 equal portions. Place an iron frying pan over a strong fire, put in a little fine-cut suet (just enough to grease the pan); when very hot, put in as many pieces of the steak as will conveniently lie in the pan, fry on each side 4 minutes; then lay the meat on a hot dish. Mix for 3 pounds of steak 1 even tablespoonful seasoning salt with 2 ounces butter; spread this over the steak, equally distributed on both sides.

Beefsteak broiled à la Béarnaise.—Procure 2 steaks of the short porterhouse 1¼ inch thick, beat lightly to flatten them to 1 inch in thickness, sprinkle over them 1 even tablespoonful salt, 1 even teaspoonful pepper, brush over on both sides with melted butter. Lay the steaks on a hot broiler over a clear, moderate fire, and broil 12 minutes, turning the steak 4 times. At the same time prepare a sauce Béarnaise (see SAUCES); spread the sauce on a warm dish, lay the steak over the sauce, and serve with French fried potatoes. (The French, Spanish, and Italians use oil for steak; the Americans and Germans prefer butter.)

Beefsteak with Onions.—Procure a sirloin steak from 2½ to 3 pounds, remove all fat and sinews, divide it into 6 equal pieces. Put a frying pan with a little beef fat over a strong fire, when very hot lay in the meat, fry 4 minutes on each side; then lay the meat on a hot dish, mix 1 even tablespoonful seasoning salt with 1 ounce butter, spread this over the steak. At the same time place a frying pan with 2 ounces very finely cut suet over the fire, and fry light brown; cut 3 onions into slices, put them into the hot fat, sprinkle with ½ teaspoonful salt, cover and cook till tender; remove the cover, continue the cooking until the onions begin to turn light brown, then pour them over the steak and serve with boiled pota-

toes. Flank, chuck, and round steaks may be prepared in the same way.

Beefsteak à la Colbert.—Procure 2 steaks of the short porterhouse 1 inch in thickness, remove the fat and sinews, brush the steaks over with melted butter, lay them on a hot broiler, and broil over a moderate, clear fire 12 minutes, turning often while broiling. When done, lay them on a hot dish, mix 2 ounces butter with 1 even tablespoonful seasoning salt, spread this over the steaks. Arrange 6 stuffed and baked green peppers in a circle around the dish, and serve with Colbert sauce (see SAUCE).

Beefsteak à la Maître d'Hôtel.—Select either a porterhouse or sirloin steak 1 inch in thickness, weighing about $2\frac{1}{2}$ pounds; remove all the fat, trim the steak nicely, season with 1 even tablespoonful seasoning salt, brush it over with melted butter on both sides, lay the steak on a hot broiler, broil over a clear fire 12 minutes, turning often while broiling. When done, place on a hot dish, spread 2 ounces maître d'hôtel butter over, and serve with potato chips.

Beefsteak with Mushroom Sauce.—Procure 2 fine steaks of the short loin, each weighing $1\frac{1}{4}$ pound, season with 1 even tablespoonful salt, $\frac{1}{2}$ even teaspoonful pepper. Lay on a hot broiler and broil over moderate fire 12 minutes, turning the steaks often while broiling; when done, arrange them on a hot dish. At the same time place a saucepan with 1 tablespoonful butter over the fire, add 1 tablespoonful flour, cook and stir 3 minutes; add $1\frac{1}{2}$ cup boiling water, 1 teaspoonful beef extract, and $\frac{1}{2}$ can of mushrooms, season with $\frac{1}{4}$ teaspoonful pepper and $\frac{1}{2}$ even teaspoonful salt, boil 15 minutes; then pour the sauce over the steaks and serve.

Beefsteak with Oysters.—Procure a nice porterhouse steak 1 inch in thickness weighing about $1\frac{1}{2}$ pound, trim it neatly; lay the meat on a hot broiler, and broil over a clear fire 6 minutes on each side, turning often while broiling. Remove the steak to a

warm dish, stir 1 tablespoonful butter to a cream, add 1 teaspoonful salt, ¼ teaspoonful pepper, spread this over the steak; arrange the oysters described below in a circle around it, and serve with potatoes à la duchesse. Place 1 dozen large oysters without their liquor in a saucepan over the fire, add ½ tablespoonful butter, 1 tablespoonful lemon juice, ¼ teaspoonful salt, a little white pepper, cook 3 minutes; mix the yolk of 1 egg with 3 tablespoonfuls cream, add it to the oysters, leave them for a minute over the fire without boiling; then finish as directed above.

Sirloin Steak à la Milanaise.—Procure 1½ pound of lean, tender beef from the sirloin, have it ground very fine on a meat grinder, remove all stringy parts, season with 1 tablespoonful seasoning salt, add 1 grated onion and 4 ounces fine-minced suet; mix all well together; form this into 6 flat cakes, roll in bread crumbs, and fry in butter 3 minutes on each side. When done, lay them on a hot dish, pour over the tomatoes described below, and serve with spaghetti à la crême.

Tomatoes.—Scald 4 large ripe tomatoes in boiling water, remove the skin and cut the tomatoes into pieces. Place a deep frying pan over the fire with 2 ounces butter; as soon as hot put in the tomatoes, add ½ teaspoonful salt, ¼ teaspoonful pepper, ½ teaspoonful sugar, cook 10 minutes without a cover; then pour over the steak and serve.

Hamburger Steak.—Procure 1½ pound beef of the lower sirloin or upper round, remove all the fat and stringy parts; put the meat in a chopping machine, and grind it very fine; mix with 4 ounces fine-ground suet, 1 even tablespoonful salt, ½ even teaspoonful pepper, 1 egg, and 2 tablespoonfuls fine-chopped onion. After mixing all well together, form the meat into 6 round balls, flatten, and roll them in grated bread crumbs, then place a frying pan with one ounce butter over the fire; as soon as hot, put in the steaks, and fry light brown or about 3 minutes on each side; arrange them on a hot dish, put 1 teaspoonful flour in the pan, stir for a minute, add

½ cupful boiling water and a little beef extract, cook 2 minutes, then strain; add a small piece of butter and a pinch of salt, pour it over the steak, and serve with Lyonnaise potatoes.

Hamburger Steak with Onion Sauce.—Mix 1½ pound fine-ground or chopped lean beef with 4 ounces fine-chopped suet, remove all stringy parts, season with 1 even tablespoonful salt, ½ even teaspoonful pepper; mix all well together; form this into 6 steaks, roll them in fine-sifted bread crumbs, and fry light brown in butter, about 3 minutes on each side. When done, lay the steaks on a hot dish, put 1 cupful fine-chopped onions in the pan, add a little more butter, cover and cook 6 minutes, then add ½ teaspoonful flour, stir a minute, add ½ cupful stock or boiling water, with a little beef extract, and season with salt; cook 3 minutes. Pour the sauce over the steaks and serve with boiled potatoes.

Hanovarian Steak.—Procure 1½ pound lean tender beef off the sirloin, grind it exceedingly fine in a meat grinder (or chop it very fine), season with 1 even tablespoonful salt, ½ even teaspoonful pepper; form this into 6 flat cakes, brush over with melted butter, lay on a hot broiler, and broil 4 minutes on each side, turning frequently. At the same time place a deep frying pan with 1 ounce butter over the fire, add ½ cupful very finely chopped onion, cover, and cook 6 minutes without browning the onions. Peel 4 large ripe tomatoes, cut into pieces, and add to the onions; season with ½ teaspoonful salt, ¼ teaspoonful pepper, ½ teaspoonful sugar, cover and cook 10 minutes; then remove the cover, stir and cook a few minutes longer; pour it over the steak and serve. Porterhouse, sirloin, chuck, round, and flank may be prepared in the same way.

Raw Beefsteak.—Take 1 pound tender beefsteak, mince it very fine (or better, grind it in a machine), remove all stringy parts, season with 1 even tablespoonful seasoning salt, add 1 tablespoonful fine-minced onion; shape this into small round beefsteaks, and serve them raw.

Beef à la Tartare.—Have 1 pound of tender beefsteak minced very fine, season with 1 even tablespoonful seasoning salt; divide it into 4 parts, and form into pyramids or like pears. Set each one on a small tea plate, press the top down a little, and make a small hollow in the center; put into each hollow the yolk of 1 egg; put around each pyramid clusters of fine-minced onions and pickled beets. Skin and bone 6 anchovies, divide each one in 2 fillets, roll each fillet up, and place 3 of them on each plate, on top the garnish. Serve with bread and butter.

Minced Beefsteak, Broiled.—Mince or grind 1½ pound beef from the upper round very fine, form it into 6 flat cakes ½ inch in thickness, brush them over with melted butter on both sides, place them on a hot broiler, and broil over a clear fire 4 minutes on each side; serve on a hot dish, spread 2 ounces seasoning butter over, and serve with baked or French fried potatoes.

Flank Steak with Onions.—Place a frying pan over the fire, add just enough fine-cut suet to grease the pan; cut 2 pounds of thin flank into 6 pieces; when the pan is very hot, put in as many of the meat pieces as will conveniently go in, fry 4 minutes on each side over a very hot fire. When done, remove the meat to a hot dish, season with salt and pepper; put 2 ounces fine-cut suet in the pan, and fry crisp; remove the scraps, cut 3 or 4 onions into fine slices, put them in the hot fat, season with ½ teaspoonful salt, and a little pepper; cover the pan and cook till tender, stirring often. When done, pour the onions over the steak and serve with mashed potatoes and turnips. Round steak is prepared the same as chuck and flank steak.

Steak à la Stanley.—Procure a short thick porterhouse steak of 1½ pound, season with 1 teaspoonful salt and ½ teaspoonful pepper, pour 1 tablespoonful oil all over the steak, and broil over a clear fire 6 minutes on each side; then place it on a hot dish, pour over the sauce described below, and lay 2 fried bananas on top. Broiled tenderloin steak may be taken in place of porterhouse.

Sauce.—Place a saucepan with 1 ounce butter over the fire, add as soon as melted 1 tablespoonful flour, stir and cook for 2 minutes; add 1½ cup boiling milk, season with 1 even teaspoonful salt, a little grated nutmeg, 8 whole peppers, a small bouquet, and ½ cup mushroom liquor; cook slowly 10 minutes; then strain the sauce into another saucepan, add ½ teaspoonful sugar, a little Cayenne pepper, 3 tablespoonfuls grated horseradish, and 2 tablespoonfuls cream; cook 3 minutes, and use as directed above.

Fried Bananas.—Peel and cut lengthwise 2 bananas into halves, roll them in flour, and fry in butter till light brown on both sides (care must be taken not to break them).

Round Steak broiled with Vinaigrette Sauce.—Take 2 pounds round steak ¾ inch in thickness, brush a little melted butter or oil over the steak, lay it on a hot broiler, and broil over a clear fire 12 minutes, turning the steak every 3 minutes while cooking. When done, lay the steak on a hot dish, pour over a vinaigrette sauce, and serve. Any other steak may be prepared the same way.

Chuck Steak, Broiled.—Select a nice ¾-inch-thick chuck steak; trim nicely, brush over with melted butter, lay on a hot broiler, and broil over a clear moderate fire 12 minutes, turning it several times. When done, lay the steak on a hot dish; mix 1 tablespoonful butter with ½ tablespoonful salt, ½ teaspoonful pepper, spread this over the steak, and serve with mashed potatoes and fried tomatoes.

Chuck Steak fried with Tomato Sauce.—Place a frying pan over the fire, add enough suet to grease the pan; cut a 2½-pounds chuck steak into 6 pieces. Let the pan get very hot, put in the steak, fry 4 minutes on each side. Place the steak on a hot dish, season with salt and pepper, pour over 1 pint tomato sauce, and serve with mashed potatoes. Round and flank steaks can be prepared the same way.

Flank à l'Allemande.—Cut 2½ pounds of the upper flank into 2-inch pieces; place the meat in a saucepan, cover with boil-

ing water; add 12 small white onions, 1 bouquet, 2 even tablespoonfuls salt, 1 even tablespoonful pepper, cover, and cook 1½ hour. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour, stir and cook a few minutes; strain the broth from the meat, add 1½ pint of the broth to the flour and butter, stir and cook till smooth; mix the yolks of 2 eggs with the juice of ½ lemon, add it slowly to the sauce; place the meat on a hot plate, and pour the sauce over it. In the meantime have some nudles boiled in salted water, drain and arrange them in a border around the dish; fry 3 tablespoonfuls bread crumbs in butter light brown, sprinkle them over the nudles, and serve (sufficient for family of six). In place of flank, either beef from the neck or chuck may be taken.

Rolled Flank in Aspic.—Procure 3 pounds thin flank, rub it off with a cloth, and season with 1 tablespoonful salt, 1 even teaspoonful pepper, and sprinkle over the juice of 1 lemon; set it aside until the following forcemeat is prepared: Chop fine ½ pound pork chops, also ½ pound of veal, add 2 ounces fine-chopped larding pork, mix the three together; season with salt, pepper, and a little nutmeg (add, if handy, a few mushrooms). Spread this forcemeat over the flank, roll up, then roll into a towel, tie the ends and center with a string. Place a saucepan with 2 calf's feet cut into pieces over the fire, cover with cold water; as soon as it boils add 2 onions with 3 cloves stuck into each, add 2 bay leaves, 12 whole peppers, and ½ bunch parsley, 2 lemons cut into slices and freed from the pits; put in the roll, cover, and cook 3 hours. Take the roll out and strain the broth through a napkin, put the roll back into the broth, and set in a cool place. When nearly cold take out the roll, remove the napkin, lay the roll between 2 plates, put a weight on the upper plate. Remove every particle of fat from the broth, return to the fire, reduce by boiling to 1 quart; then whip the whites of two eggs to a stiff froth, add the juice of 1 lemon and a little cold water, stir this into the broth, cook 5 minutes; then draw to side of stove. Place a saucepan in a vessel of hot water

over the fire, put a sieve over the saucepan, a napkin in the sieve, pour the broth in the napkin, and let it run into the saucepan. When all is thus strained pour it into a form and set aside to cool, then place on ice till firm. When ready to serve, cut the roll into slices, arrange them nicely on a dish, chop up some of the jelly, and lay it around the dish; serve with mayonnaise.

Rolled Flank, Filled.—Procure 2½ pounds of the thinnest part of flank, wipe it off with a cloth, season with 1 tablespoonful seasoning salt; soak 2 slices of stale bread in cold water. Place a saucepan with 2 tablespoonfuls fine-chopped onion over the fire, add 1 ounce butter, cook 5 minutes; then press out the bread and measure it (there should be 1 even cupful), add it to the butter and onion, stir over the fire 6 minutes. Remove, and when cold mix it with 4 ounces fine-chopped fresh pork or sausage meat; season with salt and pepper, add ½ teaspoonful thyme and 1 egg; when this is well mixed spread it over the meat, roll up, and tie at each end with a string, and in the center. Put a saucepan with 2 ounces fine-cut suet over the fire, fry it light brown, add 1 ounce butter, then put in the meat and cook, turning the meat often until light brown all over; then add 1 cup of broth, cover and cook about 2½ hours, till tender. (If the broth boils away and the meat becomes dry, add more broth, but not too much at a time). When the meat is done transfer it to a hot dish, take off the strings, and keep it warm; remove the fat from the gravy, mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook a few minutes; add sufficient broth to make a creamy sauce; then strain, add a small piece of butter, pour a little sauce over the meat, and serve the remainder in a sauce bowl. Mashed Russian turnips and potatoes, also stewed dried apricots, go nicely with this dish.

Rolled Flank à la Philip.—Procure about 2 pounds of the inside flank, wipe it off with a clean cloth, season both sides with 1 even tablespoonful seasoning salt. Cut 2 ounces parboiled bacon into thin slices, remove the rind, lay the slices over the flank, roll

up, and tie with a string on each end and in the center. Cut 1 ounce larding pork into small pieces, put it in a saucepan over the fire with 2 ounces fine-cut suet, fry light brown; then put in the meat, turn often, and let it cook until it becomes a light brown; then add 1 onion cut in half, 2 whole small carrots, 6 whole peppers, a bouquet, ½ clove of bruised garlic, cook and stir for a few minutes longer; then add ½ pint boiling meat broth or water, cover and cook gently about 2 hours till done, turning the meat twice. When ready to serve take the meat out, remove the strings, and lay it on a warm dish. Remove the fat from the gravy, mix 1 tablespoonful cornstarch with ½ cup cold water, add it to the gravy, stir and cook for a few minutes; add sufficient broth or boiling water to make a creamy sauce, then strain into a saucepan, add the juice of ½ lemon, ½ teaspoonful sugar, ¼ teaspoonful pepper, 1 tablespoonful fine-chopped parsley, ½ teaspoonful beef extract, and the fine-cut boiled carrots; pour a little of the sauce over the meat, and serve the remainder in a sauce bowl. Serve with macaroni and stewed tomatoes; or it may be served with any kind of vegetables; also nudles boiled in salted water, boiled rice, or potato dumplings may be served with it. This is sufficient for a family of 6, and will cost about 30 cents.

Flank à la Berlinoise.—Take a piece of flank weighing 2 pounds, rub it off with a clean damp cloth, season with 1 even tablespoonful seasoning salt. Place a saucepan with 2 fine-chopped onions and 1 ounce of butter over the fire, cook 5 minutes without browning; add ½ cupful fine-chopped mushrooms, 1 even teaspoonful seasoning salt, cook a few minutes longer; when cold spread this over the meat, roll up, and tie at each end and in the center with a string. Set a saucepan with 2 ounces fine-cut suet over the fire, fry until the suet is fried out, then add 1 ounce butter, put in the meat, cook and turn till the meat becomes a light brown; add 1 cup of broth, cover and cook ½ hour; add 1 cup of sour cream, cook 1½ hour longer, or until done. When ready to serve, lay the meat on

a hot dish, take off the strings, remove the fat from the gravy, mix 1 teaspoonful cornstarch with a little cold water, add it to the gravy, cook a few minutes (if too thick add some broth or boiling water), strain, pour a few spoonfuls over the meat, and serve the remaining sauce in a sauce bowl. Mashed potatoes and beans à la crême go good with this dish, or boiled rice.

Flank à la Bremoise.—Procure a nice piece of flank weighing about 2 pounds, season it with 1 even tablespoonful seasoning salt, roll up, and tie at each end and in the center with a string. Place a saucepan with 2 ounces fine-cut suet over the fire, fry until light brown; put in the meat, turn often, and cook till light brown; then add 1 cup of broth, ½ cup vinegar, 2 fine-cut onions, 4 whole cloves, 1 bay leaf, 1 blade of mace, 10 whole peppers, 1 tablespoonful of sugar, cover and cook slowly 2 hours (if the liquid boils away add a little more broth and vinegar). When done lay the meat on a warm dish, remove the fat from the gravy, mix 1 tablespoonful of cornstarch with 1 gill of cold water, add it to the sauce, stir, and cook 3 minutes (if too thick add more broth or water); then strain, add ½ tablespoonful of butter to the gravy; taste, if necessary; add a little more salt, vinegar, and sugar (the sauce should have a sweet sour taste). When ready to serve pour a little sauce over the meat, and serve the remainder in a sauce bowl; serve potato dumplings with this dish.

Boiled Flank with Horseradish Sauce.—Take a nice piece of the lower flank of 1½ pound, roll up, and tie with a string; place a soup kettle with some soup bones over the fire, cover with cold water; as soon as it boils put in the flank, and ½ tablespoonful salt, 2 onions, 1 leek, 1 stalk of celery, a bouquet, and 1 carrot cut into pieces; cover and cook slowly 2½ hours. When ready to serve remove the meat from the saucepan to a hot dish, take off the strings, and serve with horseradish sauce. Strain the broth, add some boiled rice or barley, cook a few minutes, and serve as a soup. Send plain boiled potatoes to the table with it.

Flank à l'Italienne.—Cut 1½ pound of the upper flank into ½-inch pieces; place a saucepan with 2 fine-cut onions, 1 bruised clove of garlic, and 3 tablespoonfuls olive oil over the fire; cook 3 minutes; add 1 fine-cut green pepper, cook 3 minutes longer; season the meat with 1 even tablespoonful salt, ½ teaspoonful pepper. Put the meat in the saucepan, cover, and cook 30 minutes, stirring often; then add 1 quart of white broth, 1 cupful blanched rice, and 3 peeled and fine-cut tomatoes; cover and cook slowly 1 hour, stirring often; then serve. In place of flank, beef from the neck or chuck may be taken.

Beef Stew à l'Américaine.—Procure 2 pounds of beef, either from the neck, upper flank, or chuck, cut it into small pieces 1 inch in size; place the meat in a saucepan over the fire, cover with boiling water, add 1 tablespoonful salt, ½ even teaspoonful pepper, 2 fine-cut onions, 4 fine-cut tomatoes; cover and cook 1½ hour; then add 6 peeled potatoes cut into quarters, and cook till done. Mix 1 tablespoonful butter with ½ tablespoonful flour, add it to the stew, boil a few minutes, and serve. The tomatoes may be omitted and more potatoes may be added if liked.

Beef Stew with Vegetables.—Procure 2 pounds beef off the chuck, cut it into inch-sized pieces, cut ¼ pound bacon into small pieces; place both ingredients in a saucepan, cover with 3 pints of meat broth or water, add ½ teaspoonful salt, ½ teaspoonful pepper, 2 fine-cut onions, cover and boil 1 hour; add 1 quart fine-cut string beans, boil ½ hour; then add 2 medium-sized sweet potatoes cut into eighths, 12 pears freed from the blossom, 4 medium-sized peeled potatoes cut into quarters, cover and cook till done. Ten minutes before serving mix 1 tablespoonful butter with ½ tablespoonful flour, remove the pears, put the flour and butter in center of the stew, cook 10 minutes; then serve on an oblong dish with the pears in a circle around the dish, sprinkle 1 tablespoonful fine-chopped parsley over the whole, and serve (sufficient for a family of 6). A stew from the upper flank or neck is prepared the same way.

Beef Ragoût.—Procure 2½ pounds of beef from the neck of beef, cut it into 1½-inch pieces; place a saucepan with 2 ounces butter over the fire, add 2 fine-cut onions, cook a few minutes, season the meat with 1 even tablespoonful seasoning salt, add it to the onions in saucepan, cover and cook over slow fire 2½ hours, adding a little water now and then. When the meat is tender, dust over 1 tablespoonful flour, mix well; then add 1 cupful broth, cook 10 minutes, and serve.

Corned Beef.—The pieces of beef that are mostly used for corned beef are the rump, brisket, and plate.

Corned Beef—How to boil.—Wash the meat well, place it over the fire with cold water, carefully remove the scum as it rises to the surface of the water, boil it slowly (allowing ½ hour for each pound). If a large piece of corned beef is to be cooked, it is a good plan to boil it the day before (a piece of 12 pounds will take fully 6 hours' boiling); let it get cold in the liquor, then take it out. The next day, if the meat is to be served hot, put the liquor over the fire, and when it boils put in the meat; let it remain ½ hour without boiling, then serve. Boiled vegetables are generally served with corned beef, such as carrots and small white turnips, and laid around it. The vegetables may be boiled in the corned-beef liquor or separate.

Corned Beef with Suet Dumplings.—Boil a piece of corned beef as directed in foregoing recipe. Prepare the dumplings of ½ cup fine-minced suet, 2 cups prepared flour, 1 egg, ½ cup cold water, mix all well together into a stiff dough; cut with a tablespoon dumplings from this, and boil with the corned beef. As soon as the dumplings are done, they must be removed immediately with a skimmer (this may be known by cutting one through—if dry inside, it is done; if not, a little more boiling is necessary. Time for boiling is from 4 to 6 minutes). Remove the meat to a hot dish, and lay the dumplings around it. Small boiled carrots and white turnips may also be boiled in the beef liquor and served with the

meat. Send horseradish sauce to table with it. Corned beef may also be served with cauliflower (see CAULIFLOWER).

Corned Beef and Cabbage.—The corned beef is boiled as in foregoing number. Remove the outside leaves of a nice head of cabbage, cut it into 4 pieces, place it in a saucepan of boiling water, add 1 tablespoonful sugar, and boil 1 hour; drain in a colander, and return the cabbage to the saucepan, cover with corned-beef liquor, and boil till tender, which will take ½ hour. When the meat is ready to serve, remove to a heated dish; drain cabbage in colander, and serve in separate dish with the meat.

Beef Rouladen, No. 1.—Take 1½ pound of beef from the upper round, cut it into 4 thin slices ⅛ of an inch thick, 7 inches long, 6 inches wide, season with ½ tablespoonful salt, ½ teaspoonful pepper. Chop fine 4 ounces lean beef and 4 ounces fresh lean pork; soak 2 slices bread in cold water 10 minutes, inclose it in a towel and press out all the water, then measure it; there should be 1 cup. Melt 1 ounce butter in a saucepan, add 1 heaping tablespoonful fine-chopped onion, cook 6 minutes without browning; add the bread, stir and cook 3 minutes; then remove. When cold mix it with the fine-chopped meat, season with 1 teaspoonful salt, ½ teaspoonful pepper, and ¼ teaspoonful nutmeg; divide this forcemeat into 4 equal parts, place on each piece 1 portion of the forcemeat, spread it evenly over, then roll up lengthwise, tie 3 strings around each, and roll in flour. Place a wide saucepan with 4 ounces fine-cut suet over the fire, and fry till crisp; then put in the rouladen, turn frequently, and fry till they become a nice brown all around; then add 1 cupful soup stock or boiling water, also 1 fine-chopped onion, a few slices of carrots, cover and cook slowly 1½ hour. When done, put the rouladen on a warm dish, remove the strings, also the fat from the gravy; mix ½ tablespoonful cornstarch with a little cold water, add it to the gravy; add sufficient boiling water or stock to make a creamy sauce, boil 5 minutes, then strain; add a little beef extract and a small piece of butter; pour a few spoonfuls over

the rolls and serve the remainder in a sauce bowl. Serve with boiled potatoes and boiled cabbage; or any other kind of vegetables may be served with it; or send apple sauce and boiled potatoes to table with it. (Sufficient for a family of 6.)

Beef Rouladen, No. 2.—Take 1½ pound of beef off the upper round or lower sirloin, cut the meat into 6 thin slices 4 inches square, season them with ½ tablespoonful salt, ½ teaspoonful pepper, spread 1 teaspoonful grated onion over each square, lay 3 strips of larding pork over each piece of meat of ¼ inch in thickness, roll the pieces up, tie them firmly, roll them in flour, and finish the same as in foregoing recipe. Serve with mashed potatoes and stewed tomatoes.

Kloppse.—For a family of 6 take ½ pound fine-chopped lean beef, ½ pound fresh lean pork (the best is to take 1 or 2 pork chops and mince them fine), 4 ounces fine-chopped larding pork. Soak 4 slices bread in water 10 minutes, inclose and press it out in a towel then measure (there should be 1 pint). Melt 1 ounce butter and 2 tablespoonfuls fine-minced onion, cook 6 minutes without browning; then add the bread, stir and cook 5 minutes; remove, and when cold mix it with the meat, add 2 well-beaten eggs, 1 even tablespoonful salt, 1 even teaspoonful pepper, ½ teaspoonful nutmeg. Mix well together; divide the preparation into 12 equal parts, roll each into a round ball (wetting the hands in cold water while rolling, to make the balls perfectly smooth), then roll in flour. Place a saucepan with 2 quarts boiling water over the fire, add 1 onion, ½ tablespoonful salt, ½ fine-cut carrot, and a bouquet; as soon as it boils put in the balls, cook 15 minutes; then remove with a skimmer to a warm dish. Serve with the following sauce: Melt 1 tablespoonful beef drippings in a saucepan; add 2 tablespoonfuls fine-chopped onion, cook 6 minutes without browning; add ½ tablespoonful flour, stir for a few minutes, add 1 cupful of the boiling broth, a little beef extract; season with ½ even teaspoonful salt, ¼ teaspoonful pepper, 1 tablespoonful sugar, 3 table-

spoonfuls vinegar, boil 3 minutes, and serve with the kloppse. Serve with potatoes boiled with their skin. In place of onion sauce, the following sauces may be served: anchovy, tomato, or horseradish.

Falscher Hase, or Mock Hare.—Half a pound fine-chopped veal, ½ pound fine chopped beef, ½ pound lean fresh pork, 2 ounces larding pork, all chopped fine; 4 ounces stale bread without the rind, 2 yolks and 1 whole egg, 2 tablespoonfuls fine chopped onions, 1½ even teaspoonful salt, 1 teaspoonful pepper, 1 teaspoonful nutmeg (if handy, a little fine-chopped green thyme or marjoram). Soak the bread in cold water 10 minutes, inclose in a towel, press out all the water; melt 1½ ounce butter in a saucepan, add the fine-chopped onion, cook 6 minutes without browning; then add the bread, stir and cook 5 minutes; remove, and when cold mix it with the meats, the seasoning, and well-beaten eggs; work this well together; then lay on a board, form into a long loaf, wet the hands and make it smooth all over, brush it over with beaten egg, cover with fine bread crumbs, then lard the top with fine strips of larding pork. Place 3 slices of larding pork with the roll on top in a baking pan; pour 1 ounce melted butter over the roll and 2 tablespoonfuls water in the bottom of pan, set in the oven and bake 1 hour (if it should get too brown, cover with buttered paper); when done, transfer the mock hare to a warm dish; add to the gravy in pan after removing the pork ½ tablespoonful flour; stir for a few minutes on top the stove, add ½ pint of stock or boiling water, with ½ teaspoonful beef extract, cook 3 minutes, then strain. Season with salt, pepper, and the juice of ½ lemon; add ½ ounce butter and 1 tablespoonful fine-chopped parsley, pour a few spoonfuls gravy over the mock hare, and serve the remainder in a sauce bowl. Garnish the mock hare with fried tomatoes and patricia potatoes. Note: The meat must be ground or chopped exceedingly fine and all stringy parts rejected; also the onions should be chopped very fine.

Meat Pudding.—One pound fine-chopped lean beef, 1 pound fine-chopped veal, ½ pound fine-minced larding pork, 1 tablespoon-

ful salt, 1 teaspoonful pepper, ½ teaspoonful nutmeg, 3 well-beaten eggs, 4 ounces stale bread, 1 grated onion; soak the bread in cold water 10 minutes, inclose it in a towel and press out all the water. Melt 1 tablespoonful butter in a saucepan, add the bread, stir and cook 5 minutes, then remove. When cold mix it with the above-named ingredients, butter a pudding form, sprinkle it with bread crumbs, put in the preparation, pack it down firmly; close the form tightly, set it in a vessel with boiling water to reach one third up the form, cover and boil 2 hours. When ready to serve turn the pudding on to a dish, and serve with either mushroom, anchovy, tomato, caper, Hollandaise, or horseradish sauce. Serve mashed potatoes and any kind of vegetables in season with it.

Smoked Beef Tongue, Boiled.—If the tongue is very dry soak it over night in cold water; in the morning place over the fire with cold water, and boil slowly till done; leave it in the liquor till cold. Take it out, remove the thick skin, cut the tongue in thin slices, arrange neatly on a dish, and garnish with parsley or scraped horseradish, and serve for tea or lunch.

Beef Tongue à la Financière.—Place a well-washed fresh beef tongue in a soup kettle, add some soup bones and, if handy, a shank of veal, set the kettle over the fire; as soon as it boils add 1 tablespoonful salt, ½ tablespoonful pepper, 2 onions, 1 carrot, a bouquet, 1 leek, 12 whole peppers, cover and cook from 3 to 4 hours. When done take out the tongue, remove the skin, trim nicely, lay on a hot dish. Have in the meantime a financière sauce prepared, pour a little over the tongue, garnish with timbales of spinach and small cooked potato balls. Serve with the remaining sauce in a sauce bowl.

Beef Tongue with Raisin Sauce.—Boil a fresh beef tongue as in foregoing recipe. When done pare off the skin, remove all black and hard parts, cut the tongue into ¼-inch-thick slices, put it in its original form on a warm dish. Have in the meantime a raisin sauce prepared; pour a few tablespoonfuls sauce over the

tongue, and garnish with small potato dumplings and boiled chestnuts. Serve with the sauce; or put the slices in the sauce, let them stand for 10 minutes, then serve and garnish with farina dumplings.

Beef Tongue à la Jardinière.—Boil a fresh beef tongue as à la financière; dress the prepared tongue on a warm dish, pour over and around the dish 1 pint of cooked carrot balls and 1 pint of cooked green peas, sprinkle over 1 tablespoonful parsley, and serve with boiled potatoes; or lay small boiled potatoes in a circle around the dish. Any kind of vegetables in season may be taken in place of the above.

Boiled Beef Tongue à la Frankfurt.—Boil and prepare a fresh beef tongue the same as tongue à la financière, and garnish with cooked red cabbage; serve with Spanish sauce.

Beef Tongue, Salted.—Take a fresh beef tongue, rub it all over with plenty of salt and as much saltpeter as will lie on a 5-cent piece, lay the tongue into a deep dish and set it 4 days in a cool place, turning it once or twice during that time; it is then ready to be boiled.

Beef Tongue Ragoût.—Place a well-washed fresh tongue in a saucepan over the fire, cover with cold water; as soon as it boils add 1 tablespoonful salt, 1 teaspoonful pepper, 2 onions, and a bouquet, cover and boil slowly from 2½ to 3 hours. When done take out the tongue, remove the skin, cut into ¼-inch-thick slices, put the slices in a saucepan with a little of their broth to keep warm. Melt 2 ounces butter in a saucepan, add ½ cupful fine-cut onions, cook 6 minutes, or until they have obtained a light-brown color; then add 2 tablespoonfuls flour, stir for a few minutes; add 1½ pint of the tongue broth, 1½ teaspoonful beef extract, ½ cupful sherry wine, cook 5 minutes; then strain into a clean saucepan, add ½ can mushrooms, ¼ teaspoonful pepper, cook 15 minutes; then add the slices of tongue without their broth, add 18 small cooked forcemeat balls, and a little sugar color. Serve on a warm

dish and garnish with a border of rice, boiled spaghetti, nudles, or fleurons.

Boiled Corned Beef Tongue.—Take a corned tongue, fasten the pointed end to the root of the tongue with a skewer, and tie firmly with a string, to keep the tongue in a perfect shape; then place it in a saucepan, cover with cold water, and boil slowly from 2½ to 3 hours. When done take the tongue from the saucepan, remove the skin and trim neatly; place in a baking pan with ½ pint of broth or stock; set in a hot oven to roast 20 minutes, basting frequently. In the meantime melt 1 ounce butter in a saucepan, add 2 tablespoonfuls fine-cut onions, the same of carrots, stir and cook 5 minutes; add 1 tablespoonful flour, stir 2 minutes; add ½ pint stock or boiling water with a little beef extract, also the gravy from the tongue, 1 gill of mushroom liquor, 1 even teaspoonful salt, ¼ teaspoonful pepper, cook 5 minutes; then strain (if the sauce should not be brown enough, add a little sugar color); pour 1 gill of sauce over the tongue, then place it on a warm dish; lay a border of spinach à la crême around it, and serve with the remaining sauce and boiled potatoes; or the potatoes may be arranged on top the spinach.

Beef Liver, Fried.—Procure 1½ pound of beef liver cut into slices, wipe with a cloth, season with 1 even tablespoonful salt, ½ teaspoonful pepper, and dust with flour; melt 1 tablespoonful lard and ½ tablespoonful butter in a frying pan; when hot add as many of the slices of liver as will conveniently go in, fry light brown on both sides, about 6 minutes on each (the liver should be well done, but not dried up; when done cut a piece; if rare it must cook a little longer). Serve with Lyonnaise or baked potatoes. Some fine slices of bacon may be fried, and the liver in the bacon fat; then serve with the bacon. In place of lard, beef fat may be taken.

Beef Kidney Sauté.—Cut a beef kidney lengthwise in two, remove the white fatty part from the center, cut the kidney into small pieces; season with 1 teaspoonful salt, 1 even teaspoonful

pepper, mix the seasoning well with the kidney. Melt 2 ounces butter in a saucepan, add 2 heaping tablespoonfuls fine-chopped onion, cook 4 minutes without browning; add the kidney, cover and cook 5 minutes; sprinkle over 1 teaspoonful flour, add 1 gill of sherry wine, 1 gill of boiling water, and ½ teaspoonful beef extract, cook 5 minutes longer; then serve on a warm dish garnished with bread croûtons or rice timbales.

Beef Kidney Bouchées.—Split a beef kidney in two, remove every particle of fat and stringy part, wash and wipe the kidneys dry, then chop fine. Place a saucepan with 1½ ounce butter over the fire, add 2 tablespoonfuls fine-chopped onion, cook 6 minutes; then add the chopped kidney, cover, and cook 5 minutes; add ½ cupful sherry wine, 1 even tablespoonful salt, 1 even teaspoonful pepper, cover, and cook 5 minutes; sprinkle over 1 even tablespoonful flour, mix well, add 1 cupful boiling milk, continue to cook for a few minutes; have ready 6 small bouchée cases of puff paste, heat them in the oven, then fill with the preparation and serve for bouchée. (See my book Desserts and Salads, recipe 711.)

Beef Kidney, Boiled.—Split a beef kidney in half, remove the white fatty part in center, then wash and place the kidney in a saucepan; cover with boiling water, add 1 onion, a small bouquet, 1 even tablespoonful salt, a few slices of carrots, 1 even teaspoonful pepper. Cover and boil slowly 1½ hour, and cool in the broth.

Beef Kidney on Toast.—Boil a beef kidney as in foregoing recipe. Place a saucepan with 1 fine-chopped onion over the fire, add 1 ounce butter, cook 5 minutes without browning; add 1 tablespoonful flour, cook 2 minutes; add 1 pint boiled milk, a small bouquet, 1 even teaspoonful salt, ¼ teaspoonful white pepper, cook 6 minutes; then strain, add the fine-chopped kidneys to the sauce, cook a few minutes; add a small piece of butter, pour over 4 slices of buttered toast, and serve. A plainer way is to chop the boiled kidney fine, place it in a saucepan, cover with 1 pint milk, mix 1 tablespoonful flour with 1 tablespoonful butter; as soon as the milk boils, put in

the butter and flour, stir and boil till smooth; season with pepper and salt, and pour over toast.

Beef Kidney à la Baden-Baden.—Split a beef kidney in half, remove the white fat and all stringy parts, cut the kidney in small $^1/_4$-inch-square pieces. Place a saucepan over the fire, add 2 ounces butter; as soon as hot, put in the kidney, season with 1 even tablespoonful salt, 1 even teaspoonful pepper, stir and cook 5 minutes; add 2 tablespoonfuls fine-cut mushrooms, the same of truffles, and $^1/_2$ cupful sherry wine, cover, and cook 6 minutes; mix the yolks of 2 eggs with $^1/_2$ pint of rich sweet cream, add it to the kidneys, stir and beat till nearly boiling, add a little Cayenne pepper, and serve on a warm dish. Garnish with fleurons, or serve on buttered toast. (For fleurons, see my book Desserts and Salads, recipe 721.)

Fried Tripe à la Marinière.—Wash $1^1/_2$ pound tripe, cut it into pieces 4 inches long and 2 inches wide, season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Place the tripe in a bowl, mix 1 pint vinegar with $^1/_2$ pint water, pour it over; add 1 sliced onion, 3 cloves, 1 bay leaf, a blade of mace, and 12 whole peppers, cover and let it stand 24 hours, or longer. When ready to cook take out the tripe, wipe dry, and dust with flour; beat 2 eggs in a soupplate till light, take each piece of tripe separately on a fork, dip it in the beaten egg, then cover with fine sifted bread crumbs. When all are prepared thus, place a frying pan over the fire, add $^1/_2$ tablespoonful lard or fat; as soon as hot lay in as many tripe pieces as will conveniently go in, fry light brown on both sides When all are done, arrange the tripe on a warm dish, garnish with water cress; serve with French fried potatoes and hot biscuits.

Tripe à la Maître d'Hôtel.—Cut $1^1/_2$ pound well washed and dried tripe into pieces 2 inches wide and 4 inches long. Mix 3 tablespoonfuls olive oil with 3 tablespoonfuls fine-chopped onion, the juice of 1 lemon, 1 even tablespoonful salt, 1 even teaspoonful pepper; pour this over the tripe and mix it well together; add $^1/_2$

bunch fresh parsley, 2 cloves, and a sprig of thyme, cover and let it stand 2 hours. When ready to cook wipe the tripe off with a clean towel on both sides, dust it with flour, dip each piece into beaten egg and cover with fresh-grated bread crumbs; fry light brown in lard or fat. Arrange the tripe on a hot dish and spread 2 ounces maître d'hôtel butter over them, and serve with Saratoga chips.

Tripe à l'Espagnole.—Place a saucepan with 3 tablespoonfuls oil or 2 ounces butter over the fire, add ½ cupful fine-chopped onion, ½ fine-chopped green pepper, 1 bruised clove of garlic, cook 5 minutes without browning (if handy, add ½ cupful fine-chopped mushrooms). Wash and cut 1½ pound tripe into inch-sized pieces, season with 1 even tablespoonful salt, ½ teaspoonful pepper; mix the tripe well with the seasoning; add them to the saucepan, cover, and cook 10 minutes; add 2 fine-cut tomatoes, cook 5 minutes, dust over 1 teaspoonful flour, add 1 cupful boiling water with 1 teaspoonful beef extract, cook a few minutes longer; then serve on a warm dish; sprinkle over 1 teaspoonful fine-chopped parsley.

Stewed Tripe.—Cut 1½ pound well-washed tripe into small narrow strips 1 inch long and ¼ inch wide. Place a saucepan with 2 ounces butter over the fire, add 1 fine-chopped onion, cook 5 minutes; season the tripe with 1 even tablespoonful salt, 1 even teaspoonful pepper, add the tripe, cover, and cook 10 minutes. Melt 1 ounce butter in a small saucepan, add ½ tablespoonful flour, stir and cook 2 minutes; add ½ pint white broth (if handy, add a little mushroom liquor), a small bouquet, 1 even teaspoonful salt, cook 6 minutes. Mix the yolks of 2 eggs with the juice of ½ lemon, add it to the sauce, remove the bouquet, add the sauce to the tripe, pour it on to a warm dish; sprinkle over 1 tablespoonful fine-chopped parsley. Garnish with small potato balls and serve.

Ox Tail à la Printanier.—Cut 2 large ox tails at the joints into 2-inch lengths, place them in a kettle of boiling water, drain and cool in cold water. Cover the bottom of a saucepan with 2 ounces fine-cut salt pork, ½ slice of thin ham, add 2 onions, 1 carrot,

a small shank of veal cut into pieces, and a bouquet; lay the ox tails on top of this, add ½ tablespoonful salt, 1 teaspoonful pepper, cover with cold water, and boil 3 hours. Remove the ox tails, strain the broth, put a little of the broth over the ox tails, and set in a warm place; reduce the remaining broth by boiling to 1 pint. Lay the ox tails in a roasting pan, pour over the reduced broth, set the pan in a hot oven, roast and baste frequently till it has obtained a glaze, which will take about 25 minutes. Melt 2 ounces butter in a saucepan, add 1 heaping tablespoonful flour, stir 3 minutes, add the gravy from the ox tails; then add sufficient boiling water to make a creamy sauce; add a small piece of butter, a little paprika, and the juice of ½ lemon. Pour the sauce over the ox tails, and garnish with cooked carrots, cauliflower roses, green peas, asparagus tops, and wax beans cut diamond shape. Serve with small boiled potatoes.

Ox-tail Stew à la Mexicaine.—Cut 2 ox tails into 2-inch lengths, scald in boiling water, and cool in cold water. Melt 1 ounce butter in a saucepan, add 2 fine-cut onions, 1 clove of bruised garlic, 1 fine-chopped green pepper without the seeds, 1 fine-cut carrot, cook 6 minutes; season the ox tails with 1 tablespoonful salt, 1 teaspoonful pepper; mix well with the seasoning, add to the saucepan, stir and cook 10 minutes; then cover with boiling water, cover and cook 2½ hours. Put 1 quart fine-cut string beans with boiling water and 1 teaspoonful salt over the fire, cook 30 minutes; then drain, add them to the ox tails, add 3 peeled sweet potatoes cut into quarters, 3 large peeled potatoes cut also in quarters, ½ pint fine-cut white turnips, ½ pint small white onions, cover and cook till done. Then melt 1 tablespoonful of butter in a saucepan with 1 tablespoonful flour, stir and cook 2 minutes; add 1½ cupful of the ox-tail broth, cook a few minutes; then add it to the stew, and serve. In place of butter the Spanish people take oil.

Stewed Ox Tails with Cabbage.—Cut 2 ox tails at the joints into 3-inch lengths; place in a saucepan, cover with boiling water, let remain 5 minutes, then drain; pour fresh cold water over,

and when cold remove and drain again. Place a saucepan with 2 ounces fine-cut larding pork and 2 ounces fine-cut raw ham over the fire, add 1 fine-cut carrot, 2 fine-cut onions, cook and stir 6 minutes; then put in the ox tails, season with 1 even tablespoonful salt, ½ even tablespoonful pepper, cover with white broth, and add a bouquet; cover and cook slowly 3 hours. Remove the ox tails to a clean saucepan, strain the broth over, and keep warm on side of stove. Melt 2 ounces butter in a saucepan, add 1½ tablespoonful flour, stir a few minutes; add 3 cupfuls broth from the ox tails, 1 teaspoonful beef extract, cook 5 minutes; season with ¼ teaspoonful pepper, ½ teaspoonful nutmeg, drain the ox tails, put them on a hot dish, pour the sauce over, and garnish the dish with cabbage rolls and slices of boiled bacon.

Cabbage Rolls.—Cut a good-sized head of cabbage into 6 pieces, put them in a kettle of boiling water, boil 3 minutes, then remove and drain; remove the center from each piece of cabbage, and set aside; tie the pieces with a string into long rolls, place in a saucepan, cover with boiling water, add 1 tablespoonful sugar, cook 1 hour; then drain the cabbage, return it to saucepan, add 1 pint of the ox-tail broth, a piece of butter, and cook till tender. At the same time have 4 ounces of lean bacon boiled, lay the cabbage rolls in a circle around the dish, and lay a thin slice of bacon on top of each cabbage roll.

Smoked Beef à la Béchamel.—Melt 1 ounce butter in a saucepan, add ½ tablespoonful flour, cook and stir 3 minutes; add 1 cup of milk, a small bouquet, 1 gill of mushroom liquor, ¼ teaspoonful white pepper, 6 whole peppers, cook 6 minutes; then strain into a clean saucepan. Place ½ pound smoked beef in a saucepan, cover with boiling water, let it cook 2 minutes; then drain and chop fine; add the beef to the sauce, cook for a few minutes; then pour over 4 slices of buttered toast, and serve.

Gulash of Beef.—Take 2 pounds of beef from the round, cut it into inch-sized pieces; place a saucepan over the fire with 1

tablespoonful butter and 1 tablespoonful beef fat; add 3 large onions cut into slices and fry them light brown; season the meat with 1 even tablespoonful salt and 1 even teaspoonful pepper, put it in a saucepan over the fire, cover tightly and stew slowly 2 hours; stir frequently, and add by degrees a little boiling water. Shortly before serving dash over a little flour and add a pinch of Cayenne pepper. Serve on a heated dish with mashed potatoes and stewed tomatoes, or serve with rice timbales.

Marrow Bones on Toast.—Cut some marrow bones into lengths from 3 to 4 inches long, wrap them separately in a cloth, place them in a saucepan of boiling salted water, boil slowly about 25 minutes; then remove, take off the cloth, arrange the bones on a dish in the folds of a napkin, and serve with toasted bread. Another way to serve is to take the marrow from the bones and lay it over the toast.

Beef's Heart, Stuffed.—Remove the muscles from the inside of a beef's heart, wash it well, wipe dry and stuff it with sausage forcemeat, tie it with a strong string, and finish the same as beef heart, potted.

Beef Heart à la Marinière.—Lard a well-cleaned beef heart with larding pork the same as for sour roast; season with 1 even tablespoonful salt, 1 teaspoonful pepper; place in a deep bowl or stone jar, cover with 1 pint vinegar, ½ pint water; add 2 fine-sliced onions, 2 bay leaves, 12 whole peppers, 1 blade of mace, and 4 cloves, cover and let it stand 3 days, turning it once each day. When ready to cook place a saucepan with 2 ounces fine-cut larding pork over the fire, fry light brown; add 2 ounces butter. Take the heart out of the marinade, wipe it dry, put it in the saucepan, turn often and cook till light brown; then add the marinade the heart laid in, add 2 tablespoonfuls sugar, cover and cook slowly 3 hours. When done lay the heart on a warm dish; strain the gravy, mix 1 tablespoonful cornstarch with a little cold water, add it to the gravy, cook 3 minutes (if too thick add some boiling water); strain and

serve with the meat. Serve with potato dumplings and stewed prunes.

Beef Heart, Potted.—Season a well-washed beef heart with ½ tablespoonful salt and ½ teaspoonful pepper. Place a saucepan with 2 ounces fine-cut larding pork over the fire, fry light brown; then put in the heart, cook, and turn frequently until it has obtained a nice brown color; then add ½ pint of broth or boiling water, 2 onions, a bouquet, and a small carrot, cover and cook slowly till done (add more water or broth if necessary, but not too much at a time, turning the heart occasionally; to become tender it should cook slowly from 3 to 4 hours). When done lay the heart on a hot dish, remove the fat from gravy, mix 1 tablespoonful cornstarch in a little cold water, add it to the gravy, stir and cook 2 minutes; add sufficient boiling water to make 1 pint of sauce, boil 3 minutes; then strain, pour a little of the sauce over the heart, and serve the remainder in a sauce bowl. Serve with macaroni à l'Italienne or mashed potatoes and stewed tomatoes.

Beefsteak Pie.—Cut 2 pounds sirloin steak into inch-sized pieces, season them with ½ tablespoonful seasoning salt. Place a saucepan with 2 ounces butter over the fire, add 2 fine-chopped onions, cook 6 minutes without browning; add the meat, cover, and cook slowly 1½ hour (if it becomes too dry, add a little meat broth, stirring occasionally). Remove the meat, set aside to cool; add 1½ tablespoonful flour to the gravy in the saucepan, stir for a few minutes over the fire; add 3 cups of meat broth or boiling water with 1 teaspoonful beef extract, boil 10 minutes; pour ½ cup of the gravy over the meat, and set aside. Place the saucepan with the remaining gravy in a vessel of hot water on the stove to keep warm. At the same time boil 6 medium-sized potatoes in salted water 15 minutes, then drain, and when cold cut them into thin slices. As soon as the meat is cold, line the sides of a 3-pint pie dish with rich pie crust, put in half the meat, then half the sliced potatoes, sprinkle over ½ teaspoonful seasoning salt, and 1 tea-

spoonful fine-minced onion; lay ½ tablespoonful butter in small pieces over the potatoes, put in the remaining meat and potatoes, add a little seasoning salt and butter, and cover with the same crust. Cut an opening in the center of crust, place it in a medium-hot oven, bake 20 minutes, then draw the pie to front of oven; place a small funnel in the opening of top crust and pour ½ pint of the gravy through the funnel into the pie; set it back in the oven and bake till done, which will take about 1 hour (if the pie should brown too much, cover with buttered paper). When ready to serve take the pie from the oven, pour in as much sauce as the pie will hold, and serve. (For pie crust see recipe No. 663 in my book Desserts and Salads.)

Trolley Beef.—One quart fine-chopped cooked soup meat, ½ cup of vinegar, 1 teaspoonful salt, 1 teaspoonful pepper, ¼ teaspoonful allspice, ¼ tablespoonful mace, (and, if handy, 2 tablespoonfuls chervil), vinegar, 2 fine-chopped onions. Place the onions, vinegar, salt, pepper, and spice in a saucepan over the fire, stir, and cook 5 minutes; then add the meat, and cook 5 minutes longer; turn the meat into a form and set in a cool place. Serve cold, cut into slices.

Fricadellen.—Chop fine any kind of cold cooked meat, soak half a small loaf of stale bread in cold water, when soft press it out in a towel. Place a saucepan over the fire with 1 tablespoonful butter, add 2 fine-chopped onions, cook 5 minutes without browning; then add the bread, stir over the fire 6 minutes, then turn it into a dish. When cold mix it with 1 pint fine-chopped meat, season with ½ teaspoonful pepper, 1 teaspoonful salt, and add 1 egg; mix all well together and form it into round balls the size of an egg, press them flat to ½ inch in thickness. Place a frying pan over the fire with 1 tablespoonful drippings, lard, or butter, when hot put in the fricadellen, and fry light brown on both sides. Serve on a warm dish with fried or boiled potatoes. Apple sauce or any kind of stewed fruit may be served with them.

Irish Stew of Cold Meat.—Cut any kind of cold cooked meat into 1-inch pieces; take for 1 quart of such pieces 8 good-sized potatoes, pare and cut them into slices, also 3 large onions. Put the meat with the vegetables in alternate layers in a saucepan, sprinkle 1 tablespoonful seasoning salt between them and dust over each layer a little flour; put ½ tablespoonful butter on top, then add sufficient boiling water to cover all; put on the lid and boil 1 hour, then serve. Another way is to add to the vegetables 1 quart of fine-cut cabbage, boiling the same way.

Pillau of Cold Beef.—Melt 1 tablespoonful butter or drippings in a saucepan, add 2 fine-chopped onions, cook 3 minutes without browning, then add 1 quart fine-cut cold roast beef, 1 even tablespoonful salt, 1 even teaspoonful pepper, cover and cook 10 minutes, stirring occasionally. In the meantime place 1 cupful rice covered with cold water in a saucepan over the fire, boil 5 minutes, drain in a sieve, rinse off with cold water, add the rice to the beef, add 2 fine-cut tomatoes, cover the whole with boiling water, stock, or broth, and boil slowly 1 hour. Serve on a warm dish, and garnish with fried or baked tomatoes.

Cold Roast Beef warmed over.—Put the gravy from the beef in a stew pan; add a little boiling broth or water and a piece of butter, let it cook 2 minutes; then have the meat cut into slices, lay it in the sauce, cover and stand on side of stove; let the meat get heated through without boiling. Serve on a warm dish, and pour the gravy over it. Serve with stewed tomatoes and mashed potatoes. If the cold roast beef is rare, place it in a roasting pan with 4 ounces suet under and over it, then roast 20 minutes in a hot oven.

Cold Roast Beef stewed with Vegetables.—Place a saucepan with 1 tablespoonful butter over the fire, add 2 fine-chopped onions, and cook 5 minutes; add the beef gravy (if there is any) and 1 can tomatoes; season with 1 teaspoonful salt, ½ teaspoonful pepper, and ½ tablespoonful sugar, boil 3 minutes, then put in the beef, cover and cook slowly 1 hour. At the same time boil 6 large

potatoes in salted water 10 minutes; then take them out and cut each into quarters. Fifteen minutes before serving, lay the potatoes on top the beef, and boil till done. In serving, take the potatoes out, lay the meat on a hot dish, the potatoes around it, and serve the sauce with it. Also boiled spaghetti may be served with it.

Sour Ragoût.—Cut 2 pounds of cold boiled or roasted beef into inch-sized pieces, place it with the gravy, if there is any, in a saucepan, add 1 pint of boiling water, ½ pint vinegar, 2 tablespoonfuls sugar, 2 fine-cut onions, 4 cloves, 1 blade of mace, 1 bay leaf, 6 whole peppers, 1 teaspoonful salt, 1 even teaspoonful pepper, cover and boil slowly one hour, then mix ½ tablespoonful flour with a little cold water, add it to the meat, boil for a few minutes, and serve with potato dumplings.

Corned Beef Hash.—Chop very fine some cold cooked corned beef and cold boiled potatoes, 1 pint of each. Place a saucepan with 1 tablespoonful butter and 1 gill fine-chopped onion over the fire, cook slowly 5 minutes without browning; add 1 tablespoonful flour, stir and cook 2 minutes, add ½ pint of stock or broth (if neither of them are handy add ½ pint of boiling water, and ½ teaspoonful beef extract); stir and cook 3 minutes; add the hash, stirring and cooking over the fire 6 minutes, season with ¼ teaspoonful pepper, and salt to taste; then serve.

Hash.—Chop fine cold cooked beef and cold boiled potatoes, 1 pint of each. Place a frying pan with 1 tablespoonful drippings or butter over the fire, add ½ cupful fine-chopped onion, cook 3 minutes; add the hash, ¼ teaspoonful pepper, and salt to taste, stir and cook 5 minutes; add ½ cupful boiling water, stir and cook a few minutes longer, then serve. If the hash is wanted brown, let it remain on the stove a few minutes longer without stirring, until brown on the under side, then turn it on to a hot dish in the shape of an omelet and serve.

Trying out Suet.—The fresh suet should be cut into small pieces and placed in cold water for 12 hours; change the water

twice during that time, then drain in colander, and put in an iron pot with 1 quart of milk to 10 pounds of suet; let it boil slowly until clean, stirring frequently, to prevent burning. Strain it through a sieve into a stone jar; when cold tie paper over the jar and set in a cool place. Half lard and half suet may be treated the same way. This is used in many households for pie crust, frying and roasting meats, and for seasoning vegetables in place of butter. Another way is to cut the beef fat into small pieces, place it in a saucepan over a slow fire, and cook gradually until clear, then strain it through a sieve into a jar. Cover and keep in a cool place. (In place of all beef fat, half beef fat and half leaf lard may be taken and tried out in the same way.)

To clarify Drippings.—Place the drippings in a saucepan over a slow fire, boil gently 5 minutes, then remove, and free the fat from all scum; let stand 10 minutes, then strain into a clean jar, and keep it in a cool place; use for frying purposes. Any fat which can not be used for cooking purposes should be melted, strained, and converted into soap.

Soap.—Put 1 can of lye or potash into a vessel, add 1 quart cold water, stir often and let stand till dissolved; put 4 ounces borax into another vessel with 1 quart boiling water, let it stand till cold. Melt 4 pounds of fat, strain it in a large dish pan, and let stand till lukewarm, then stir constantly, while adding slowly first the dissolved potash, then the borax; continue to stir 20 minutes; it will then have the appearance of thick honey; pour the soap into a deep pan, and set aside to cool. Next day, turn it out and cut it into bars. Keep in a dry place.

Soup Meat à la Fanny.—Lay the soup meat when done in a saucepan, with some of the soup stock, and set in a cool place till next day. Thirty minutes before serving, place a deep frying pan with 1 tablespoonful butter over the fire, add 2 fine-chopped onions, cook 5 minutes without browning; then add 1 tablespoonful flour, stir and cook a few minutes; add ½ cupful vinegar, 1 teaspoonful

salt, ¼ teaspoonful pepper, 1 tablespoonful sugar, and 1 cupful broth, cook 3 minutes; cut 2 pounds of cold cooked soup meat into slices, put it in the sauce, and let simmer on side of stove for 15 minutes; then lay the meat on a hot dish and pour the sauce over. Serve with potato, bread, or flour dumplings.

VEAL.

Roasted Leg of Veal à l'Allemande.—Procure a nice leg of veal from 10 to 12 pounds in weight, remove the thin skin with a sharp knife, and lard it closely with fine strips of larding pork, using a fine larding needle; season with 1 tablespoonful seasoning salt. Put 3 slices of larding pork in a roasting pan, place the meat on top of pork, pour 2 ounces melted butter over the meat, set in a hot oven, roast 20 minutes, basting every 5 minutes with its own gravy; next add 1 cupful boiling water; continue roasting and basting frequently for 30 minutes, then add 1 pint of sour cream, and roast till done. If the oven is hot allow 15 minutes to a pound; in a slow oven it will take longer. Stick a larding needle in center of meat; if it penetrates easily it is done; if offering the slightest resistance continue the roasting. When ready to serve, lay the meat on a warm dish; remove the fat from the gravy, mix 1 even tablespoonful cornstarch with 1 gill of cold water, add it to the sauce, stir and cook a few minutes on top the stove; add sufficient boiling water or broth to make 1 pint of sauce; cook a few minutes, then strain. Pour ½ gill of the sauce over the meat, and serve the remainder in a sauce bowl; garnish with rice timbales, and serve with mashed potatoes and stewed fruit, or serve with compote and salad; or any kind of young cooked vegetables may be served with it.

Roasted Leg of Veal à l'Américaine.—Procure a leg of veal, wipe it off with a clean damp cloth, season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Lay the meat in a baking pan, spread 2 ounces butter over the top, set in a medium-hot oven, roast 10 minutes; then baste the meat well with the butter, add 1 cup boiling water, continue to roast, basting it frequently till done;

if the gravy browns too much add a little water now and then. When done, lay the meat on a hot dish; remove the fat from gravy, mix 1 even tablespoonful flour with 1 gill of cold water, add it to the gravy, stir for a few minutes on top the stove; add sufficient boiling water to make a creamy sauce, then strain; serve with mashed potatoes and succotash, and grated horseradish mixed with vinegar, salt, and a little sugar.

Roast Loin of Veal.—Procure a loin of veal weighing about 5 pounds; mix 1 tablespoonful salt with 1 teaspoonful pepper, rub this all over the meat, lay it in a roasting pan with a few slices of larding pork and 1 tablespoonful butter on top of it. Place the meat in a hot oven, let roast 10 minutes, then baste with the butter; add ½ pint boiling water; continue roasting and frequently basting until done. Shortly before serving transfer the meat to a hot dish; remove the fat from the gravy; mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, cook for a few minutes on top of stove; add sufficient boiling water to make a creamy sauce, cook a few minutes longer, then strain through a sieve; pour 2 tablespoonfuls of the sauce over the meat and serve the remainder in a sauce bowl. Serve with mashed potatoes and spinach à la crême.

Loin of Veal à la Princesse.—Procure a nice loin of veal of 9 pounds, remove all the bones, kidney, and fat, season with 1 tablespoonful seasoning salt; put the kidney back in its former place, then roll the meat up, secure its shape with 4 strings, making a knot at each end. Lay the meat in a roasting pan with three slices of larding pork under it, spread over the top 2 ounces butter, add 1 sliced onion and ½ sliced carrot, set the pan in a hot oven, and roast, basting it frequently with its own gravy until the meat has obtained a light-brown color; then add 1 pint of boiling broth (made from the bones), continue to roast and baste till the meat is done, which will take from 1½ to 2 hours. Fifteen minutes before serving take the meat from the oven, remove the strings, and lay it

in a shallow baking pan. Beat up 1 egg until very light, mix 1 cupful fresh-grated bread crumbs with 4 ounces grated cheese; brush the meat over with the beaten egg, sprinkle over the bread crumbs, so that the sides and top are completely covered with the crumbs and cheese. Return the meat to the oven, let it roast until of a fine golden color, then remove. Dress the meat on a hot dish, garnish with timbales of macaroni, and serve with princess sauce.

Princess Sauce.—Melt 1 ounce butter in a saucepan, add 1 fine-chopped onion, cover and cook 6 minutes without browning; add ½ tablespoonful flour, cook a few minutes; add 4 peeled tomatoes cut into pieces, season with ¼ teaspoonful salt, the same of pepper, and ½ teaspoonful sugar, cover and cook slowly 15 minutes; then press it through a sieve into a clean saucepan, add ½ teaspoonful beef extract, ½ ounce butter, stir over the fire till boiling, then remove to side of stove. Mix the yolks of 2 eggs with ½ cupful rich sweet cream, add it to the tomatoes, stir for a few minutes over the fire without boiling, then serve.

Saddle of Veal à l'Allemande.—Procure a double loin of veal without the kidney, which is called a saddle of veal, turn the saddle over and saw through all the ribs near the backbone; saw off the points of the ribs; take out carefully the whole backbone without injuring the meat on top; next remove the thin skin on top, and lard the meat closely with fine strips of larding pork, roll up and tie it firmly with strings; season with 1½ even tablespoonful of seasoning salt, rubbing the seasoning well into the meat. Lay the saddle in a roasting pan, pour 4 ounces melted butter over the meat, set in a hot oven, and roast till the outside has obtained a fine brown, basting frequently with its own gravy; add 1 cupful boiling water or white broth, roast and baste 30 minutes longer; then add 1 pint sour cream, and roast until done, about 2½ hours in all. When ready to serve, transfer the meat to a hot dish, remove the fat from gravy; mix 1 even tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook on top of the stove 3

minutes; add sufficient boiling water or white broth to make a pint of sauce, boil a few minutes. Strain, pour 1 gill of the sauce over the meat, and serve the remainder in a sauce bowl. Garnish with potato timbales, and serve with stewed fruit and lettuce salad. Or serve with vegetables, such as boiled cauliflower, asparagus, stewed peas, spinach, or carrots; it may also be served with boiled potatoes, Hanovarian pudding, and stewed prunes.

Shoulder of Veal, Stuffed.—Select a nice shoulder of veal, remove the bones, wipe the meat off with a clean damp cloth, then season it inside as well as outside with 1 tablespoonful seasoning salt. Stuff the shoulder with sausage or veal forcemeat, sew up, place in a roasting pan with 3 thin slices of larding pork under it, spread 2 ounces butter over. Place the pan in a hot oven, roast until the meat becomes light brown, basting frequently with its own gravy; then add 1 cupful boiling water or white broth (which could be made of the bones); roast about 2 hours longer, basting frequently till done, adding more broth or water should the gravy brown too much. Ten minutes before serving, lay the meat on a hot dish, remove the fat from gravy, mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the sauce, stir and cook 3 minutes on top of stove; add sufficient broth or boiling water to make a creamy sauce, boil for a few minutes, then strain; pour a little of the sauce over the meat, and serve the remainder in a sauce bowl. Serve with mashed or boiled potatoes with horseradish, creamed corn, or string beans. The shoulder may also be stuffed with a plain bread filling in place of forcemeat.

Roast Breast of Veal à l'Allemande.—Have a breast of veal prepared by the butcher for filling; season with 1 tablespoonful seasoning salt, stuff the breast either with a veal or sausage forcemeat, and sew it up; then lay it in a roasting pan, spread 2 ounces butter over the top, lay 3 thin slices of larding pork underneath the veal, set it in a hot oven and roast till the meat has obtained a nice brown, basting it often with its own gravy, then add 1 cupful boil-

ing water or white broth, continue to roast and baste till the meat is done, which will take for a small breast 1½ hour, for a large one 2 hours; 10 minutes before the veal is taken from the oven, add ½ cupful sour cream; a few minutes before serving, lay the meat on a warm dish, remove the fat from gravy, mix 1 tablespoonful corn-starch with 1 gill of cold water, add it to the gravy, stir and cook a few minutes; add sufficient boiling water or broth to make a pint of sauce, cook 3 minutes; then strain, pour 2 spoonfuls sauce over the meat, and serve the remainder in a sauce bowl.

Breast of Veal.—Remove all the bones from a breast of veal, wipe the meat off with a damp towel, season with 1 tablespoonful seasoning salt. Lay the breast on a table, cover the inner part with veal forcemeat 1 inch in thickness; cut ½ pound of boiled tongue into finger-thick strips, lay them ½ inch apart over the forcemeat, and, if handy, sprinkle over ½ cupful fine-cut mushrooms; then roll up the breast of veal carefully, and secure its shape by tying it with strings; fasten with skewers over the ends large thin slices of larding pork to prevent the forcemeat from escaping. Put the bones and trimmings in an oval-shaped roasting pan with cover, add 2 fine-sliced onions, 1 sliced carrot, a bouquet, 12 whole peppers, 4 ounces salt pork, put the veal on top of this, adding sufficient cold water or white stock to three fourths the height of the meat; cover with buttered paper, put on the cover, set the pan over the fire, and cook slowly about 2 hours, till done. When ready to serve, take it out, remove strings and pork, lay the breast in a roasting pan, and keep it warm with a little of the broth; strain the broth, remove the fat, reduce the broth by boiling to 1½ pint. Pour the reduced broth over the breast of veal, set in a hot oven, baste freely, and roast till it has obtained a nice glaze; then remove the breast to a hot dish. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add the gravy from the veal, and sufficient boiling water to make 1 pint of sauce, cook 3 minutes; then strain. Pour a little sauce over the meat and serve the remainder in a sauce bowl;

garnish with a border of creamed wax beans around the meat, then a border of carrot balls, and next to the carrots a border of potato balls.

Veal Roulade.—Remove the bones, kidney, and fat from a loin of veal weighing about 9 or 10 pounds; season with 1 tablespoonful seasoning salt; then prepare a forcemeat. Mix ½ pound fine-chopped veal with 4 ounces fine-chopped veal fat; season with 1 teaspoonful seasoning salt and ½ teaspoonful grated nutmeg. Boil ½ cupful water with 1 ounce butter, add ½ cupful flour, stir until formed into a paste, then remove; when cold add it to the meat, also the yolks of 2 eggs, 1 whole egg, and 1 tablespoonful fine grated bread crumbs. Lay the loin on a table with the skin side downward, spread the forcemeat over the loin, then roll up, and tie it with several rows of strings; tie twice more toward the center, equally dividing the distance. Place the bones and trimmings in a large kettle, add 2 ounces lean raw ham and 2 ounces fat pork, cover with cold water, place it over the fire; as soon as it begins to boil, add a bouquet, 2 onions, 1 carrot, and ½ even tablespoonful salt; put in the roulade, cover and cook slowly 2 hours. Take out the meat, remove the strings, trim the meat nicely, lay the roulade in a baking pan, add ½ pint of the broth, set the pan in a hot oven, baste frequently, and roast 30 minutes. Strain the remaining broth, remove every particle of fat, and reduce the broth by boiling without a cover to 1 pint. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir 3 minutes; add the reduced broth, cook 5 minutes; then add ½ ounce butter, ½ teaspoonful beef extract, and the fine-chopped boiled kidney. Ten minutes before serving brush the roulade over with beaten egg, and cover with 1 cupful fresh grated bread crumbs and 4 ounces grated cheese, return the roulade to the hot oven, let it obtain a fine golden color, then dress the meat on a warm dish; garnish with potatoes tortonia, and serve with stewed green peas or cauliflower. Serve the gravy in a gravy bowl with it. A loin of veal prepared in this way is excellent cut up cold; it is served with aspic jelly and Tartar sauce

Blanquette of Veal à l'Allemande.—Procure 2½ pounds of veal from the leg, cut it into 2-inch-sized pieces, place it in a saucepan over the fire, cover with boiling water, and after 2 minutes' boiling drain the meat in a colander and rinse with cold water. Return it to saucepan, cover with boiling water, add 12 small white onions or 4 large ones, 2 even tablespoonfuls salt, 1 even tablespoonful white pepper, and a bouquet; cover and boil slowly 1 hour. Shortly before serving melt 2 ounces butter in a saucepan, add ½ cupful flour, stir and cook 3 minutes without browning; then add enough of the veal broth to make a thick sauce, cook 2 minutes. Mix the yolks of 2 eggs with the juice of 1 lemon, add first a little of the sauce to the yolks, and then mix the whole together. Strain through a sieve, add ½ cupful cream or 1 tablespoonful unsweetened condensed milk. Let the sauce get boiling hot, but do not allow to boil. Lay the meat on a hot dish, pour the sauce over it, and set 6 rice timbales around the edge of the dish.

Veal Fricassee.—Procure 2 pounds of veal from the breast, cut it into 2-inch pieces, place in a saucepan, cover with boiling water, add 2 fine-cut onions, 1 even tablespoonful salt, ¼ teaspoonful white pepper, and 4 ounces salt pork cut into thin slices, cover and cook 1½ hour; then mix 1 ounce butter with 1 tablespoonful flour, add it to the stew. Sift 6 ounces flour with 1 heaping teaspoonful baking powder into a bowl, add ½ teaspoonful salt, ½ ounce drippings or beef fat, rub the fat and flour together, add 4 tablespoonfuls water, the yolk of 1 egg, and 1 whole egg; mix all together (do not stir any more than necessary). Cut with a tablespoon small portions from this and drop it into the boiling stew; cover and cook 6 minutes; then draw to side of stove and sprinkle over 1 tablespoonful fine-chopped parsley. Serve with boiled potatoes and creamed beans.

Veal Stew à l'Américaine.—Take a neck and part of a breast of veal (about 2½ pounds) wipe the meat off with a damp towel, and if it should be necessary to wash it do it quickly in cold

water. Place the meat in a saucepan over the fire, cover with boiling water, add 6 small or 2 large white onions, 1 even tablespoonful salt, ½ teaspoonful white pepper, 4 ounces salt pork, cut into thin slices, cover and cook slowly 1½ hour. Peel 8 medium-sized potatoes, cut them into quarters and add to the stew. Mix 1 ounce butter with 1 tablespoonful flour, add it to the stew, cook until potatoes are done; add 1 tablespoonful fine-chopped parsley, and serve.

Veal Stew à l'Hanovrienne.—Procure a shank of veal having 2½ pounds of meat, cut the meat into inch-sized pieces, and crack the bones into small pieces; place it in a saucepan, cover with cold water, add 1 teaspoonful salt, 1 onion, a small carrot, ½ white turnip, and a bouquet. Place the saucepan over the fire and boil 1 hour; then strain the broth; season the meat with 1 even tablespoonful salt, 1 even teaspoonful pepper, mix the seasoning and meat well together. Cut 2 ounces larding pork into small pieces, put it in a saucepan over the fire, fry light brown, add 1 ounce butter, ½ cupful fine-cut onions, cook 3 minutes; then add the meat, cover and cook 15 minutes, stirring often; add 1 tablespoonful flour, mix it with the meat, then add 1½ pint of the veal broth, cover and cook slowly 30 minutes. Serve on a warmed dish with boiled rice or nudles.

Ragoût of Calf's Tongue.—Place 2 well-cleaned calf tongues in a saucepan over the fire, cover with boiling water, cook 3 minutes; drain the tongues in a colander, rinse off with cold water, return to a saucepan, and cover with boiling water; add 2 onions, a bouquet, ½ tablespoonful salt, ½ teaspoonful pepper, cover and cook till tender. When done take out the tongues, remove the skin, cut into slices, put in a saucepan with a little broth, and set in a warm place to keep warm. Melt 1 ounce butter in a saucepan, add 2 fine-cut onions, fry light brown; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 3 cupfuls tongue broth, 1 teaspoonful beef extract, and 3 tablespoonfuls sherry wine, cook 3 minutes; then strain

into a clean saucepan, add 12 small mushrooms, cook 10 minutes; add lastly the tongue slices and 12 veal forcemeat balls (if not brown enough add a little sugar color). Serve on a hot dish, garnish with fleurons of puff paste, or with a border of rice, spaghetti, or nudles, or in a vol-au-vent. Ragoût of fresh pig's tongue is prepared in the same way.

Veal Rolls.—Cut 1½ pound of veal from the leg into thin slices 5 inches long and 4 inches wide, season with 1 even tablespoonful seasoning salt; prepare a veal forcemeat; cover the slices of veal with the forcemeat, roll, and tie them with a string. Place a roasting pan with 2 ounces fine-cut larding pork over the fire; fry until light brown, add 1 ounce butter, put in the rolls, and let cook 10 minutes, turning frequently; then add ½ cupful boiling water or broth, 1 small sliced onion, and a few slices of carrots; set the pan in a medium-hot oven, cover with buttered paper, and roast 30 minutes, basting frequently (if the gravy should get too brown add a little water). When done take the rolls from the oven, remove the strings, arrange on a warm dish; remove the fat from the gravy, mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, and stir for a few minutes; add sufficient boiling water to make a creamy sauce, strain; add a little beef extract; pour some of the sauce over the rolls, and serve the remainder in a sauce bowl; garnish with fried tomatoes. Any of the following vegetables may be served with them: Succotash, stewed peas, string beans, Lima beans, creamed cabbage, cauliflower, chestnut purée, lentils, asparagus, or carrots.

Calf's-feet Frité with Allemande Sauce.—Place 2 calf's feet into boiling water, let them remain a few minutes, then strain and rinse in cold water; return the feet to the saucepan, cover with fresh boiling water, place over the fire; add 1 fine-cut onion, a bouquet, a small carrot, 2 whole peppers, 1 tablespoonful salt, and ½ cupful vinegar, cover and cook till the meat separates from the bones. Take them out, remove the bones, put the meat under a light press

till cold, then cut it into pieces, dip in beaten egg, roll in bread crumbs, and fry in half butter and half fat to a delicate brown; arrange the pieces on a warm dish, and serve with Allemande sauce. Another way is to dip them in batter and fry them in deep, hot fat like fritters; to serve with the same sauce or garnish with cut lemons, and serve with potato salad.

Veal Kidney.—Prepared the same as lamb and sheep's kidney.

Calf's Head Plain with Vinaigrette Sauce.—Bone a large white calf's head, cut the meat into 10 pieces, place meat and tongue into boiling water, let them simmer 5 minutes, drain, and cool in cold water. Split the calf's head open, remove the brain and lay it several hours in cold water, then prepare as directed (see Calf's Brain). Cut fine 3 ounces suet, 3 ounces larding pork, 2 onions and 1 carrot. Place all the ingredients over the fire, cook 5 minutes without browning; add 2 tablespoonfuls flour, stir 2 minutes; add 3 quarts boiling water, stir till smooth; add a bouquet, the juice of 1 lemon, 2 even tablespoonfuls salt, and 12 peppers; cook 35 minutes, then strain the broth into a clean saucepan, return to the fire. When it boils add the calf's head and cook till done or when it softens between the two fingers, remove the white skin from the tongue and inside of the snout, drain the pieces and wipe them dry, slit the ears and turn them backward, put them in the center on a hot dish, split the tongue and brains lengthwise in two, lay them with the meat around the ears, garnish with parsley and serve with vinaigrette sauce. A small dish of chopped onion gherkin and capers generally accompany this dish. If the calf's head is not used all at once it may be put in a jar, covered with the broth, and placed in the ice box for further use.

Calf's Head en Tortue.—For a family of 6. Fasten a fried bread pyramid with white of egg and flour in center of a silver dish, cover the bread with chicken forcemeat and place the dish for a few minutes in the oven. Have half a calf's head prepared

the same as for vinaigrette, cut the meat into 2-inch-sized pieces; the tongue and brain into slices. Slit the outside gristle up the ear in order to turn it backward. Prepare 1½ pint Madeira sauce (page 97). Prepare 12 small egg balls (page 86), remove the pits from 6 olives, and cut 12 small balls from pickles; add to this 12 button mushrooms. Put all the ingredients in a saucepan, pour over the sauce, let simmer a few minutes, fasten the ear on the top of the bread pyramid with small skewers, arrange the meat around it, and garnish with a border of croûtons cut in triangles.

If handy, cockscombs may be added to this dish.

Calf's Head à la Poulette.—Cook half a calf's head the same as for vinaigrette. Cut the meat in 2-inch-sized pieces. Prepare a pint of velouté sauce; add the yolk of 2 eggs with half cupful cream, 1 tablespoonful lemon juice, the necessary salt, and 1 teaspoonful fine chopped parsley. Dress the meat on a hot dish, put the ear in the center, pour the sauce over all, and serve.

Calf's Head à la Cavour (*Philippine Style*).—Prepare a half calf's head the same as for vinaigrette. Dress the meat on a hot dish, pour over 1 pint tomato sauce, and surround the dish with clusters of pitted blanched olives and bread croûtons.

Another nice way to serve calf's head is to add to 1 pint fine-cut cooked calf's head, 1 pint béchamel sauce and 12 blanched oysters; serve in pretty shells or on toast, or in potato border.

Veal Stew à l'Espagnole.—Cut 2½ pounds of veal from the neck and breast into small pieces, season with 1 tablespoonful seasoning salt. Place a saucepan with 1 gill of oil over the fire, add ½ cupful fine-cut onions, 1 fine-cut green pepper without the seeds, 1 bruised clove of garlic, cover and cook 5 minutes; then add the meat, cover and cook 15 minutes, stirring frequently; add ½ cupful fine-cut mushrooms, ½ pint of cooked tomatoes, and 1½ pint white broth, cover the saucepan, cook 40 minutes. Melt 1 ounce butter

in a small saucepan, add 1 tablespoonful flour, stir 3 minutes; add ½ pint of the broth from the stew, stir and cook to a thick smooth sauce; add it to the stew, boil 5 minutes, and serve with boiled rice.

Calf's Liver, Braised.—Wash and wipe a nice calf's liver, cut ½ pound larding pork into finger-thick strips, mix 1 even teaspoonful salt with 1 teaspoonful pepper, 2 tablespoonfuls fine-chopped onion, 1 tablespoonful chopped parsley; roll the pork in this seasoning. Then make with a knife incisions in the liver, put in each a strip of pork. Put the remaining pork in a saucepan, add a bouquet, 1 sliced onion, 1 small carrot, and 12 whole peppers; place the liver on top of this, add ½ pint of sherry wine and 1 quart of water with 2 teaspoonfuls beef extract, cover with buttered paper, and cook slowly 2 hours, basting it occasionally. Remove the liver, lay it in a round pan; strain the broth, remove fat, and reduce it by boiling to 1 pint; pour it over the liver, set in a hot oven, basting frequently with its own gravy till it has obtained a nice glaze, then remove to a warm dish. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add the gravy from the pan, rinse the pan with a little boiling water, adding this also to the sauce, stir and cook 3 minutes (if too thick add more water or broth), then strain. Pour a little of the sauce over the liver and serve the remainder in a sauce bowl. Garnish with glazed carrot balls, small glazed white onions, and boiled potato balls.

Potted Liver.—Lard a nice calf's liver with larding pork, season with 1 even tablespoonful seasoning salt. Place 2 ounces fine-cut larding pork in a saucepan over the fire, fry light brown; add 2 ounces butter and the liver, roast until the liver has obtained a light brown, turning it frequently; then add 1 pint of broth or boiling water, 2 onions, 1 small carrot, and a bouquet, cover and cook ½ hour; lastly add ½ pint sour cream, continue to cook till done, turning the liver several times. If the gravy should boil away, add more water or cream. Shortly before serving lay the liver on a warm dish; remove the fat from gravy, mix 1 table-

spoonful cornstarch with 1 gill of cold water, add it to the gravy, cook 3 minutes; add sufficient boiling water or broth to make a creamy sauce; boil a few minutes, then strain; pour 1 gill of sauce over the liver and serve the remainder in a sauce bowl. Serve with potato dumplings and stewed fruit; or any kind of vegetables may be sent to the table with it.

Calf's Liver à la Maître d'Hôtel.—Procure a nice calf's liver, cut it into slices, season with 1 even tablespoonful seasoning salt, brush the slices over with melted butter, lay them on a hot broiler, and broil over a moderate fire 4 minutes on each side; spread 2 ounces maître d'hôtel butter over and serve with French fried potatoes.

Calf's Liver, Broiled.—Cut a nice calf's liver into thin slices, brush over with melted butter, lay on a hot broiler, broil 4 minutes on each side. Broil also 6 thin slices of bacon, lay the bacon on a warm dish; spread $\frac{1}{4}$ teaspoonful seasoning butter over each slice of liver, and serve with Saratoga chips.

Calf's Liver, Fried.—Season 6 thin slices of calf's liver with 1 even tablespoonful seasoning salt, roll in flour; melt $\frac{1}{2}$ tablespoonful butter in a frying pan, add 1 tablespoonful lard or fat; when hot put in the liver, fry 4 minutes on each side, turning often while frying; arrange on a warm dish and serve with buttered toast. If a gravy is wanted, add to the fat in pan $\frac{1}{2}$ tablespoonful flour, stir 2 minutes, add 1 cupful boiling water, $\frac{1}{2}$ teaspoonful beef extract and a little salt and pepper; cook 3 minutes; strain into a sauce bowl, or pour it over the liver.

Fried Liver and Bacon.—Put 6 slices of bacon in a pan, cover with boiling water, let remain 3 minutes, then remove; lay in a frying pan, and fry over the fire 3 minutes on each side. Lay the bacon on a warm dish; season 6 slices of calf's liver with 1 even tablespoonful seasoning salt, roll the liver in flour, put the slices in the hot bacon fat, and fry light brown on both sides. Arrange the

liver alternately with the bacon on a warm dish, and serve with baked or fried potatoes.

Calf's Liver, Stewed.—Cut 1½ pound calf's liver into small pieces, season them with 1 even tablespoonful seasoning salt; mix the liver pieces well with the seasoning. Place a saucepan with 2 ounces butter and 2 tablespoonfuls fine-chopped onion over the fire, add 1 bruised clove of garlic, cover and cook 3 minutes; add 2 tablespoonfuls fine-chopped mushrooms, cook 3 minutes; then add the liver, stir well for 2 minutes, cover and cook 6 minutes; sprinkle over ½ tablespoonful flour, add 1 gill of red wine, 1 gill of boiling water with ½ teaspoonful beef extract; mix all well together, and cook 5 minutes longer. Serve on a warm dish, garnish with potato croquettes. (In place of wine the juice of 1 lemon may be taken.)

Pâté Froid de Veau—Kalte Kalbspastete.—Prepare a forcemeat of 1 pound chopped veal, 1 pound fine-chopped fresh pork, 1 tablespoonful salt, 1 teaspoonful pepper, and the yolks of 2 eggs; mix all well together. Cut 1 pound of veal from the leg into inch-sized pieces, and lard with fine strips of larding pork, boiled ham, and truffles. Cut ½ pound boiled ham and ½ pound fresh pork into small pieces. Put the ham, pork, and veal into a bowl, add 6 truffles, season with 1 even teaspoonful herb salt, and pour over ½ cup sherry wine, let it stand 2 hours. Melt 2 ounces butter in a saucepan, add 1 fine-chopped onion, cook 5 minutes; add the pieces of veal, ham, and pork, and 1 teaspoonful fine-chopped parsley, cook and stir 10 minutes; remove from fire, and set aside to cool. Line the sides and bottom of a deep form with fine paste, lay thin slices of larding pork on the bottom and sides, put in 1 layer of forcemeat, then a layer of the meat, and over that again forcemeat. Lay a few thin slices of pork over the forcemeat, put on a cover of the same paste; cut an opening in the center, and decorate the edge with leaves cut from the same paste; then place the pâté in the oven to bake 1½ hour. As soon as taken from

the oven pour a few spoonfuls aspic, to which a little Madeira wine has been added, in the opening of the pâté, and let it stand till next day. In serving remove the cover and cut the pâté into slices, and serve with chopped aspic.

Cold Veal warmed over.—Put the gravy from cold roasted veal in a deep pan, add a little meat broth or boiling water, and a piece of butter; place the pan over the fire, as soon as the gravy boils cut the veal into slices, lay them in the gravy, cover the pan, and set it on the side of stove where it will keep warm, but not to boil. Let it remain about 20 minutes, then serve on a warm dish with fresh boiled potatoes and stewed corn, beet salad, or grated horseradish mixed with vinegar; a little salt and sugar may be served with it.

Cold Veal with Cream Sauce.—Place a saucepan with 1 ounce butter over the fire, add 1 fine-chopped onion, cook 5 minutes without browning; add 1 tablespoonful flour, cook 2 minutes; then add 1 pint of meat broth (which can be made, if not at hand, from the bones and gravy from the roasted veal); season with 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful pepper, and a small bouquet, cook 6 minutes. Strain into a clean saucepan, add 1 quart of fine-cut cold roasted veal, cook slowly 5 minutes; then add 1 tablespoonful lemon juice, and lastly $\frac{1}{2}$ cupful cream or 1 tablespoonful unsweetened condensed milk. Lay 6 slices of buttered toast on a hot dish, pour the veal over it, and serve.

Veal Hash.—Chop remnants of cooked veal very fine, add to 1 pint of chopped veal 1 pint fine-chopped boiled potatoes. Place a saucepan with 1 ounce butter and 2 tablespoonfuls fine-chopped onions over the fire, cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; then add 1 cupful broth, 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful pepper, add the meat and potatoes, stir and cook 5 minutes. Serve on a hot dish, lay 6 poached eggs in a circle around it; sprinkle 1 tablespoonful fine-chopped parsley over the hash, and serve.

Veal Hash with Oysters.—Cut the remnants of cold roasted veal into small pieces, set a saucepan with 1 ounce butter over the fire, add 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint of broth, ½ pint of oyster liquor, season with 1 even teaspoonful salt, ½ even teaspoonful pepper, stir and cook 3 minutes; then add 1½ pint of fine-cut meat, cook 5 minutes. At the same time place 12 oysters without any liquor in a saucepan over the fire, add 1 tablespoonful lemon juice, 1 teaspoonful butter, a little white pepper, and a sprinkle of salt, let cook 2 minutes; then add them to the veal; add lastly ½ cupful cream or 1 tablespoonful unsweetened condensed milk. When ready to serve pour the hash on to a hot dish, and lay 6 small slices of bread fried in butter in a circle around the dish.

Veal à la Béchamel.—Set a saucepan with 1 ounce butter and 1 tablespoonful flour over the fire, stir and cook 2 minutes; add 1 pint hot milk, a small bouquet, ½ cupful mushroom liquor, 1 even teaspoonful salt, ½ teaspoonful grated nutmeg, cook 6 minutes; then strain the sauce into a clean saucepan, add 1 quart fine-minced cold cooked veal, stir and cook slowly 10 minutes. Serve on a hot dish with fine-chopped parsley sprinkled over it, and with mashed potatoes or potato croquettes.

Veal Croquettes, No. 1.—Put 2 tablespoonfuls fine-chopped onion in a saucepan over the fire, add 1 ounce butter, a small piece of bruised garlic the size of a pea, cook 5 minutes without browning; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1 cupful broth, 6 fine-chopped canned mushrooms, 1 even teaspoonful salt, ½ even teaspoonful pepper, stir and cook 5 minutes; add 1 pint fine-chopped cooked veal and 1 tablespoonful fine-chopped parsley, stir and cook 5 minutes longer; then add the yolks of 3 eggs, turn the preparation into a shallow pan, and set it aside to cool. When cold form the mixture into cork-shaped croquettes, dip in beaten egg and roll in grated bread crumbs, fry light brown in hot fat or lard, and butter to a fine golden color; lay the croquettes for

a few minutes on blotting paper, and serve with either of the following sauces: Tomato, allemande, latana, béchamel, or cream sauce.

Veal Croquettes, No 2.—Place a saucepan with 1 fine-chopped onion and 1 ounce butter over the fire, cook 5 minutes; add 1 heaping tablespoonful flour, stir and cook 2 minutes; then add 1 cupful canned tomatoes, 1 even teaspoonful salt, ½ even teaspoonful pepper, stir and cook 5 minutes; add 1 pint fine-chopped cooked veal, stir and cook 5 minutes longer; add the yolks of 3 eggs, and finish as in foregoing recipe.

Veal Oysters.—Cut 1½ pound of veal cutlet into pieces the size of large oysters, season them with 1 even tablespoonful seasoning salt, dust with flour, then dip into beaten egg, roll in bread crumbs, and fry in pork or lard and butter, light brown on both sides. Dress on a hot dish, garnish with lemon quarters, and serve with egg salad. (For egg salad see my book on Desserts and Salads, recipe 912.)

Veal Cutlets en Papillotes.—Procure 6 veal cutlets from the loin, trim neatly, cut the bone rather short; season with 1 tablespoonful seasoning salt. Place a large frying pan over the fire with 2 ounces butter; when melted put in the cutlets, cook 3 minutes on each side, then remove. Put 3 tablespoonfuls fine-chopped onion in the pan, cook 3 minutes, then add ¾ cupful fine-chopped mushrooms, 1 even teaspoonful salt, ¼ teaspoonful pepper, 2 fine-cut truffles, cook 3 minutes longer; add ½ tablespoonful fine-chopped parsley. Melt ½ ounce butter in a small saucepan, add ½ teaspoonful flour, stir 2 minutes; add ½ cupful boiling broth or water with a little beef extract, cook 3 minutes, add it to the fines herbes in pan, stir for a few minutes, remove and set aside. Fold 6 white sheets of paper double, cut them half-heart shape, brush the paper over with oil or butter; lay a thin slice of cooked ham on one side of each paper, on top the ham lay a little of the fines herbes, then the cutlets and another layer of the fines herbes, cover

with a thin slice of cooked ham, close the paper, and fold both edges together. When all are prepared in this way lay the papillotes on a buttered dish, set in a hot oven and bake about 8 minutes. Arrange them nicely on a warm dish and serve.

Veal Cutlets in Paper.—Season 6 nicely trimmed veal cutlets with seasoning salt, cut the bone short. Butter 6 sheets of white paper cut heart-shape, brush the cutlets over with melted butter, lay one on each sheet of paper, fold the paper over and inclose the cutlets; fold the 2 edges together, lay them on a hot broiler, and broil over a clear fire 5 minutes on each side. Arrange them on a warm dish, and serve with baked potatoes and fried tomatoes.

Veal Cutlets, Broiled.—Procure 6 veal cutlets from the loin, remove all fat, trim neatly, brush over with melted butter; lay the cutlets on a hot broiler and broil over a moderate fire 5 minutes on each side, turning frequently. Mix 1 ounce butter with ½ even tablespoonful seasoning salt, lay the cutlets on a warm dish, spread over the seasoning butter, garnish with cut lemon and parsley; serve with boiled potatoes and stewed green peas or asparagus.

Veal Cutlets Macédoine.—Remove the bone and fat from 6 veal cutlets from the loin, trim in the shape of a pear; season with 1 even tablespoonful seasoning salt, dust lightly with flour, dip into beaten egg, roll in bread crumbs, pat with a knife nice and smooth. Melt 1 ounce butter and ½ ounce lard or fat in a pan; put in the cutlets, fry over medium-hot fire to a fine golden color, then remove. Place in the center of a warm dish 1 pint of each of boiled carrots julienne, cut small white onions à la crême, small cooked potato balls, and cauliflower à l'allemande; lay the cutlets in a circle around the vegetables and serve.

Veal Cutlets, Fried.—Select 2 pounds veal from the leg, cut it into 6 even slices; fry 4 ounces fine-cut larding pork light brown, put in the cutlets, fry light brown on both sides. Arrange them on a warm dish, mix 1 ounce butter with ½ even tablespoonful season-

ing salt, spread it over the cutlets, and serve with fried eggplant and boiled potatoes, or any other kind of vegetables in season.

Larded Veal Cutlets with Spinach.—Trim 6 veal cutlets from the loin, having the bone cut rather short, lard on one side with larding pork, season with 1 even tablespoonful seasoning salt. Put 4 thin slices of larding pork in a baking pan, 2 onions, and ½ carrot cut into slices; lay the cutlets on top of this, add sufficient stock or broth to nearly cover them, place the pan over the fire, cook 15 minutes; then cover the cutlets with buttered paper, set the pan in oven, bake 20 minutes; remove the paper, baste the cutlets frequently, and bake till done. At the same time prepare ½ peck of spinach à la crême, arrange the cutlets on an oval-shaped warm dish, lay the cutlets in a straight row on the dish, so that the end bone is underneath; dress the spinach on each side of it. Remove the fat from the gravy, strain, and serve with the cutlets; garnish the spinach with hard-boiled eggs.

Wiener Schnitzel.—Procure 2 pounds veal from the leg, cut it into slices ½ inch thick and 3 inches square, pare the corners round, beat lightly to flatten them, then season with 1 tablespoonful seasoning salt and dust with flour; dip each cutlet into beaten egg, cover with fine bread crumbs, and pat smooth with a knife. Fifteen minutes before serving place a pan with 1 ounce butter and ½ ounce lard over the fire; as soon as hot put in the cutlets, fry light brown and well done. Arrange them on a warm dish, lay in the center of each schnitzel ½ teaspoonful capers. Soak 6 anchovies in cold water, remove the skin and bones, divide them in halves, roll them up; place 2 of these rolls on each schnitzel with ¼ lemon cut into two, garnish with water cress or parsley, and serve. Wiener schnitzel may be served plain or with any kind of vegetables in season.

Heidelberger Steaks.—Chop very fine 1½ pound veal from the leg and 4 ounces veal fat; add 1 even tablespoonful salt, 1 even teaspoonful pepper, 2 tablespoonfuls fine chopped onion, and 1

egg. Mix all together, divide into 6 parts, form them into oblong shapes, flatten a little, cover them with bread crumbs. Fry light brown on both sides in butter. Dress the steaks on a hot dish, add 1 teaspoonful flour to the gravy in pan, stir and cook 2 minutes; add 1 cupful boiling water and ½ teaspoonful beef extract, stir and cook to a creamy sauce, strain over the steaks and serve.

Calf's Tongue à la l'Espagnole.—Boil 2 calves' tongues as in below recipe. Melt 2 ounces butter (or 1 gill olive oil) in a saucepan; add ½ cupful fine chopped onion, 1 bruised clove garlic, cook 3 minutes; then add 1 fine chopped green pepper without the seeds, cover and cook 6 minutes; add ½ pint stewed and strained tomatoes, 1 even teaspoonful salt, ½ even teaspoonful pepper, ½ cupful fine chopped mushrooms, cook 10 minutes. When the tongues are done take them out, remove the skin, trim neatly and lay them on a warm dish, pour the sauce over, and garnish with rice timbales. Chop the yolk of 1 hard-boiled egg fine, lay a little of it on top of each timbale.

Calf's Tongue à la Jardinière.—Lay 3 calves' tongues for 2 minutes in boiling water, remove and refresh them in cold water. Place the tongues in a saucepan, cover with boiling water; add ½ tablespoonful salt, ½ teaspoonful pepper, a bouquet, 1 carrot, 2 onions, and 6 whole peppers, cover and cook till tender. Cook 1½ tablespoonfuls flour in 1 tablespoonful butter 2 minutes; add 1 pint tongue broth and, if handy, 1 gill of mushroom liquor, cook 5 minutes, mix the yolks of 2 eggs with ½ cupful cream, add it to the sauce, remove at once; add last 1 tablespoonful lemon juice, ¼ teaspoonful nutmeg. When ready to serve, free the tongues from skin, trim them neatly, and arrange them on a hot dish, garnish with cooked carrot balls, potato balls, and small cooked white onions, pour over the sauce, add 1 tablespoonful fine chopped parsley, and serve.

Fricandeau à la Jardinière.—Fricandeau is also called the noix or cushion, and it is that part of a leg of veal to which the

udder adheres. In order to separate it from the round or fillet the leg should be placed on the table with the knuckle from you; then with the left hand take hold of the upper part of the fillet of veal, and with the right insert the point of a knife into the separations which divide the fricandeau or noix from the under part of the fillet. Cut the noix away, following the separation right round to the knuckle. Remove the sinews and lard the surface with a medium-sized larding needle, rub over 1 tablespoonful salt, and place the fricandeau in a roasting pan; add 1 tablespoonful butter, set the pan on top of the stove; when the butter melts baste the meat with it, then add 1 cupful white broth or boiling water, place the fricandeau in a hot oven, baste frequently, and roast till done. Shortly before serving, transfer the meat to a hot dish; mix ½ tablespoonful cornstarch with ½ cupful water, add it to the gravy in the pan, stir and cook a few minutes over the fire; then add sufficient boiling water or broth to make a creamy sauce; strain and pour a few spoonfuls over the meat, and serve the remainder in a sauce bowl. Garnish with stewed green peas and carrots.

Calf's Brain.—How to blanch.—Soak 2 sets of calves' brains for several hours in cold water, changing the water often. Remove the loose skin, place the brains in a saucepan, cover with cold water; add ½ gill of white vinegar, a small bouquet, ½ tablespoonful salt, 8 whole peppers, and 1 onion; boil 10 minutes. Then set the saucepan aside, leaving the brains to cool in their broth; they are then ready to use for any dish that may be required.

Calf's Brain with Black Butter.—Blanch 2 sets of calves' brains. Cut each one in two. Dress them on a hot dish and pour 2 tablespoonfuls of black butter over each. Or the brains may be served with sauce tartare or vinaigrette sauce.

Calf's Brain Fried.—Blanch 2 sets of calves' brains, leaving them to cool in the broth, remove, cut each one in two, dust them

with flour, dip in egg and cover with bread crumbs, and fry in deep fat or butter light brown. Serve with black butter or any sauce desired.

Coquilles of Calf's Brain.—Cut 2 sets of blanched calves' brains into slices, place them in a wide saucepan with 1 tablespoonful butter, toss them for a few minutes over the fire; add ½ cupful sliced mushrooms, ½ gill of white wine, ½ gill mushroom liquor, cover and cook 10 minutes. Cook ½ tablespoonful flour with ½ tablespoonful butter 2 minutes; add ½ cupful white broth or boiling water with a little beef extract; add ¼ teaspoonful each of salt, pepper, and nutmeg; cook a few minutes, add ½ gill of cream and the brains. Remove from fire, fill the preparation into 6 or 8 table shells, sprinkle over a few bread crumbs and a little melted butter, bake light brown in a hot oven, serve on a dish with folded napkin.

Calf's Brain à l'Alfonso.—Blanch 2 sets of calves' brains and let them cool in the broth. Put two ounces each of fine cut raw ham and pork in a low wide saucepan, lay the brains on top; add ½ cup of white wine or the juice of 1 lemon, cover all with veal or chicken broth, lay a few slices of larding pork on top; place the saucepan over the fire, cover and cook slowly 15 minutes. Then drain the brains on a sieve and cut them in slices. Melt 1 ounce butter in a saucepan, add the brains, and toss them for a few minutes over the fire. Arrange the brain slices over 6 slices of buttered toast, pour over 1 pint of hot tomato Allemande sauce, and serve. Calves' brains prepared in this way may be served with Allemande, velouté, or béchamel sauce.

Sweetbreads may be prepared in the same way.

Ramikins of Calf's Brain.—Line 6 ramikin cups with chicken cream forcemeat. Cut 2 sets of blanched calves' brains in slices, lay them in a pan, pour over ½ pint of stock or veal broth, cover with buttered paper and place 15 minutes in a hot oven,

basting frequently. Cook 1 fine chopped onion in 1 tablespoonful butter 2 minutes; add ½ cupful chopped mushrooms, ½ tablespoonful fine chopped parsley, 1 even teaspoonful salt, ½ even teaspoonful pepper; cook a few minutes; add ½ tablespoonful flour, the gravy from the brains, and 1 gill of stock or water with a little beef extract; cook a few minutes. Put the brains into the lined cups, cover them with the contents of saucepan, lay a thin piece of pork on top of each one, place the cups in a pan, pour in a little water, bake from 10 to 15 minutes; then take them out, remove the pork, pour a little tomato or Allemande sauce over each one, and serve on a dish with folded napkin.

Calf's Brain à l'Aurora.—Butter a round vegetable or soufflé dish and sprinkle with bread crumbs; cut two sets of blanched brains into slices, lay them in rows one overlapping the other in the dish. Prepare 1 pint bechamel sauce; add the fine chopped whites of 4 hard-boiled eggs, 2 ounces lobster or shrimp butter, 1 teaspoonful chopped parsley, and 1 tablespoonful lemon juice; pour the sauce over the brains, rub the yolks through a sieve over the brains, sprinkle over a little melted butter, and brown them in the oven. Brains prepared in this way may be baked in individual ramikin cups.

SWEETBREADS.

Sweetbreads.—What they are.– Sweetbreads are the thymus glands in the calf, found below the calf's throat, and divided in 2 lateral portions, right and left, which are in reality distinct from each other, being connected only by areolar tissue. They are called throat and heart sweetbreads. The throat part is the larger of the two; the heart is whiter and more delicate. Sweetbreads are easily digested and very nutritious, and are considered the most delicate part of a calf.

Sweetbreads.—How to blanch and prepare.—Lay the sweetbreads for 2 hours in cold water, changing the water sev-

eral times; place them in a saucepan, cover with fresh cold water, let it come slowly to a boil; then draw the saucepan to the side of stove, let it simmer 10 minutes without boiling; remove and lay the sweetbreads in cold water. When cold take them out of water, remove the windpipes, fibers, and fatty parts, and place them between 2 plates to press lightly. They are then ready to be prepared as explained in following recipes:

Sweetbreads Sauté.—Procure 2 large sweetbreads, prepare and blanch as in foregoing recipe; season with salt, dust lightly with flour, dip into beaten egg, and cover with fine-sifted bread crumbs. Melt 1½ ounces butter in a low saucepan just large enough to receive them; as soon as the butter is melted put in the sweetbreads, cover and cook slowly 30 minutes, turning them carefully once during that time. When ready to serve lay two pieces of buttered toast on a warm dish, dress the sweetbreads over them, and garnish with water cress.

Sweetbreads with Green Peas.—Blanch a pair of sweetbreads as directed, season with 1 even teaspoonful seasoning salt; melt 1½ ounces butter in a low saucepan, put in the sweetbreads, cover and cook slowly 30 minutes, turning them occasionally. Place 1 pint of young green peas in a saucepan; add ½ pint boiling water, 1½ teaspoonful sugar, cover and boil till done. Mix ½ ounce butter with ½ teaspoonful cornstarch, add it to the peas, stir until smooth, season with ½ teaspoonful salt and 1 teaspoonful fine-chopped parsley. Dress the sweetbreads on a warm dish, pour the peas over them, and serve with small boiled potatoes. Sweetbreads prepared in this way may be served on toast or with croûtons.

Sweetbreads Frité à la Marinière.—Cut 2 pairs of blanched sweetbreads into halves, season them with 1 even tablespoonful salt, ½ teaspoonful white pepper, the juice of 1 lemon; lay them

in a covered dish with 2 onions cut into slices, a sprig of thyme, and a few branches of fresh parsley; cover and let stand 1 hour. Then remove, wipe off with a clean towel, dust lightly with flour, dip into the batter (described below), drop into boiling fat, and fry like crullers to a delicate brown color. Remove with a skimmer, lay on a sieve, then arrange on a hot dish with a bunch of fried parsley in the center; serve with Allemande or Léchamel sauce. Batter: Mix the yolks of 2 eggs with 1 gill of milk, add 2 heaping tablespoonfuls flour, 1/4 teaspoonful salt, 1 tablespoonful melted butter (measured after it is melted); add lastly the 2 whites beaten to a stiff froth, then use as directed above.

Scallops of Sweetbreads with Mushrooms.—Cut 2 pairs of blanched sweetbreads into oval scallops; melt 2 ounces of butter in a small saucepan, season the scallops with 1 teaspoonful seasoning salt; put them into the butter, add the juice of 1/2 lemon, 1/4 teaspoonful grated nutmeg, cover and stew 10 minutes; add 1 teaspoonful fine-chopped parsley, remove from fire, and set aside. Prepare 1/2 pint of thick Allemande sauce, mix it with 1/2 cupful fine-chopped cooked chicken meat from the breast. When the scallops are nearly cold cover each one with this preparation; set for 1 hour in a cool place. Then dip them into beaten egg and fine sifted bread crumbs; fry them in deep, hot fat to a delicate brown; drain on blotting-paper or napkin. Arrange in a close circle on a warm dish, pour in the center 1 pint of stewed button mushrooms, and serve.

Sweetbreads à la Fonchonette.—Separate 2 large pairs of blanched sweetbreads into small pieces and put them into a saucepan; add 12 small mushrooms cut into quarters, 2 sliced truffles, 1 even teaspoonful seasoning salt, a pinch of Cayenne pepper, and 1 gill of Rhine wine; cover and cook 10 minutes. Mix the yolks of 4 eggs with 1 1/2 gill of cream, add it to the sweetbreads, stir a few minutes over the fire without boiling, and serve with finger rolls.

Sweetbreads à la Béarnaise.—Lard the upper part of 2 large blanched and prepared sweetbreads with fine strips of larding pork; lay in a small roasting pan with one thin slice of larding pork under each one; season with 1 even teaspoonful salt; add 2 slices of onions, the same of carrots, and a small bouquet; cover with buttered paper, place the pan in a medium-hot oven to roast —15 minutes; then add ½ cupful white broth, baste occasionally, lifting the paper and replacing it each time; roast 35 minutes. In the meantime prepare a sauce Béarnaise, put the sauce on a warm dish, dress the sweetbreads over it, and serve. In place of Béarnaise sauce, sweetbreads may be served with different sauces, such as sauce Allemande, cream béchamel, Colbert, duchess, mushroom, truffle, princess, etc. They are then named after the sauce with which they are served.

Sweetbread Cutlets.—Cook ½ gill each of fine chopped onion and mushrooms in 1 tablespoonful butter 3 minutes; add 1½ tablespoonful flour and 1 cupful chicken broth; stir and cook to a thick sauce; add the yolk of 2 eggs and 1 pint of fine-cut cooked sweetbreads; stir and cook a few minutes, season with salt and pepper, spread the mixture on a flat dish, and when cold form in cutlet molds, dip in beaten egg, cover with bread crumbs, and fry in deep fat; serve with tomato sauce.

Sweetbreads Demiglace.—Blanch and cool under a weight 3 pairs of sweetbreads, lard them with fine strips of larding pork; place them in a small roasting pan; add 1 small sliced onion, 2 slices of carrot, a small bouquet, and 1 pint of veal or chicken broth, cover with buttered paper, roast 30 minutes, and baste often. When done lay the sweetbreads on a warm dish. Let 1 tablespoonful butter get light brown; add 1 tablespoonful cornstarch, stir and cook 2 minutes; add 1½ cupfuls chicken or veal broth, and the gravy from pan; cook 5 minutes, strain through cheese cloth into a clean saucepan; add ½ teaspoonful beef extract, a little salt and pepper; return the sauce to the fire and cook slowly

10 minutes, removing all scum that rises, pour the sauce over the sweetbreads, garnish with triangles of fried bread, and serve.

LAMB.

Braised Shoulder of Lamb.—Remove the bones from a nice shoulder of lamb or young mutton, season with 1 tablespoonful seasoning salt, roll up, and tie securely with 3 strings into a perfect round roll. Take a saucepan large enough to receive the meat, cover its bottom with 4 ounces of salt pork, 3 sliced onions, 1 carrot, and the bones from the meat; lay the meat on top, add sufficient boiling water to nearly cover, closely cover and boil slowly till done, which will take about 2 hours. Remove the meat to a roasting pan not much larger than the meat; strain the broth, remove the fat, then pour 1½ pint of the broth into the pan with the meat, and place in a hot oven; roast, and baste frequently till the meat is brown all over and the broth has cooked to half glaze. Lay the meat on a hot dish, remove the strings, free the gravy from all fat, add 1 gill of broth to the gravy, let it boil up, strain, and serve with the meat. Serve with boiled potatoes and string beans à la crême; or thicken the gravy with ½ tablespoonful cornstarch, diluted with ½ gill of cold water, add sufficient broth to make a creamy sauce.

Braised Shoulder of Lamb à l'Italienne.—Take a nice shoulder of lamb, wipe it off with a damp cloth; place in a saucepan with 1 pound of parboiled salt pork, 3 onions, 1 carrot, a bouquet, and 1 even teaspoonful pepper; cover with boiling water and set over the fire, cover and boil slowly till done; then remove, strain the broth, free it from fat; place the meat in a baking pan, add ½ pint of broth and set in a hot oven, baste often, and roast 20 minutes. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir 2 minutes; add the gravy from the meat, and sufficient broth to make 1 pint of sauce, boil 3 minutes; place the meat on a hot dish, pour a few spoonfuls of sauce over the meat, and the

remainder in a sauce bowl, cut the pork into thin slices, and lay it around the dish; serve with macaroni à l'Italienne.

Leg of Lamb à l'Allemande.—Procure a nice leg of lamb, season with 1 tablespoonful seasoning salt; place in a baking pan, set it on top the stove, pour over 2 ounces melted butter, baste the meat 5 minutes with the butter; then set the pan in a moderately hot oven, roast 15 minutes, and baste with its own gravy; add 1 cupful boiling water, continue to roast, basting frequently, until done, which will take 1½ hour; if necessary add more water. Fifteen minutes before the lamb is done, sprinkle a half cupful fine-chopped onion over it, continue to roast, basting frequently, 10 minutes. When ready to serve lay the meat on a warm dish; remove all fat from gravy; mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, cook a few minutes on top the stove; add sufficient boiling water to make a creamy sauce, cook 5 minutes, then strain. Pour 1 gill of sauce over the meat, and serve with stewed green peas and carrots, also boiled potatoes. Brussels sprouts or Savoy cabbage à la crême may be served in place of peas and carrots.

Braised Leg of Lamb à la Polonaise.—Remove the fat of a nice leg of lamb, wash, and wipe it dry; place a saucepan with 2 ounces butter over the fire; when hot put in the meat, season with salt, turn several times around so that the butter touches every part; then add 1 quart of beer, 3 onions, 2 bay leaves, 2 blades of mace, ½ dozen whole peppers, 1 carrot, and a little celery, cover tightly and let stew till done. When ready to serve lay the meat on a hot dish, remove the fat from gravy, mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, cook a few minutes, then strain; add ½ pint small mushrooms which have been stewed in butter, and season with lemon juice.

Lamb Boiled with Pork.—Put 1½ pound of lean salt pork covered with cold water in a kettle over the fire; when it boils add a leg of lamb, and boil the two together until tender. When done re-

move the kettle from fire, leave the meat in the liquor until nearly cold; then take it out; serve it cold cut up in slices; arrange alternately a slice of pork and a slice of lamb on a dish, and send mustard and pickles to table with it.

Roast Lamb, Plain.—Select a nice leg of lamb; do not wash it, but wipe off with a damp towel; season with 1 tablespoonful seasoning salt, place in a roasting pan and roast 10 minutes; then add 1 cupful boiling water, continue to roast, basting frequently, till done, which will take about $1\frac{1}{2}$ hour. When done transfer the lamb to a hot dish, remove all the fat from gravy; mix 1 even tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir 2 minutes; add sufficient boiling water to make a creamy sauce, boil 3 minutes; then strain and serve with the meat, pouring a few spoonfuls of gravy over. Serve with green peas and boiled potatoes.

Roast Lamb with Mint Sauce.—Prepare the lamb as in foregoing recipe, and send, in addition to the meat sauce, a mint sauce to table. Roast lamb may be served with the following vegetables: Baked and stewed tomatoes, green corn boiled on the cob, creamed corn or succotash, stewed Lima beans, fried eggplant, fried cucumbers, cauliflower, creamed butter beans, Savoy cabbage, and sweet potatoes.

Roast Lamb à l'Ashwarden.—Procure a nice leg of lamb, season with 1 tablespoonful seasoning salt; make 4 incisions on top the meat, insert $\frac{1}{4}$ onion into each incision so as to hide the onion from view; place the meat in a large bowl or stone jar, pour over 3 cupfuls of thick sour cream, cover and set in a cool place for 24 hours, turning the meat twice during that time. When ready to cook, place the meat in a roasting pan, spread 1 ounce of butter over it, set in a hot oven, and roast 15 minutes, basting frequently with its own gravy; then add the cream of the meat, and roast till done. When ready to serve, lay the meat on a hot dish, remove all fat from the gravy, strain and pour into a gravy bowl. Serve with

yeast dumplings, boiled potatoes, and stewed apples or spiced plums.

Roast Lamb à la Rade.—Skin, lard closely a nice leg of lamb with fine strips of larding pork, season with 1 tablespoonful seasoning salt; place a saucepan large enough to receive the meat over the fire, put in 2 ounces fine-cut larding pork, fry light brown; add 2 ounces butter, put in the meat, cook and turn frequently until obtained a nice brown color; then add 1 cupful broth, stock, or water, cover and cook 15 minutes; add 1 pint sour cream and 1 whole onion, continue to cook until done, which will take about 1½ hour. (If the gravy should boil away too much add more stock or water.) Shortly before serving, lay the meat on a hot dish, remove all fat from gravy; mix ½ tablespoonful cornstarch with 1 gill of cold water, add to the gravy, stir for a few minutes; add sufficient stock or water to make 1 pint of sauce, boil 3 minutes; then strain; pour 1 gill of sauce over the meat, and serve the remainder in a sauce bowl. Serve with green corn boiled on the cob, stewed fresh Lima beans or peas, and boiled potatoes. In north Germany it is served with German pheasant pudding, stewed fruit, and potatoes. (For German Pheasant Pudding, see Roasted Fresh Ham.)

Roasted Forequarter of Lamb.—Procure a nice forequarter of lamb, cut off the rack 6 inches wide, have this cut up into chops (they may be put aside for breakfast), wipe the remaining meat off with a damp cloth, season with salt and pepper; lay it in a roasting pan and roast 25 minutes; then add 1 cup boiling water, continue to roast and baste till done; 15 minutes before serving sprinkle ½ cupful fine-chopped onion over the meat, continue to roast and baste 10 minutes; lay on a warm dish, remove the fat from gravy; mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 2 minutes; add sufficient boiling water to make a creamy sauce, boil 5 minutes; then strain through a fine sieve; add ½ ounce butter, pour 1 gill of sauce over the meat, and serve the remainder in a sauce bowl. Serve with string beans à la crême, boiled potatoes, and tomato salad.

Breast of Lamb.—Procure 2 breasts of lamb, season them with 1 tablespoonful seasoning salt, and roast as in foregoing recipe.

Crown of Lamb.—Season a nice crown of lamb with pepper and salt; set it in a roasting pan; pour over 2 ounces melted butter; put 1 onion in center of meat; place in a medium hot oven; roast 30 minutes, then add 1 cupful stock or boiling water; baste frequently and roast till done, which takes about 2 hours. Shortly before serving lay the meat on a hot dish; free the gravy from fat; mix 1 tablespoonful cornstarch with 1 gill cold water; add it to the gravy; cook a few minutes; add sufficient boiling water to make a creamy sauce; cook a few minutes, and strain; pour some sauce over the meat and garnish with green peas, carrots, and potato balls, small white onion. Serve the sauce in a bowl with it.

Shoulder of Lamb, Stuffed.—Remove the bones from a shoulder of lamb except the leg bone, which must be left on. Spread the shoulder open, season with salt and pepper, fill with veal or sausage forcemeat, sew it up, rub 1 even teaspoonful seasoning salt over the meat. Put 1 pound of salt pork in a saucepan, add 2 onions, 1 carrot, a bouquet, and 12 whole peppers; lay the shoulder on top of this, add sufficient boiling water or broth to nearly cover the meat; put over it buttered paper, then the lid, set over a moderate fire, and boil slowly $1\frac{1}{2}$ hour; then take out the meat, lay it in a roasting pan; strain the broth, remove all the fat; pour the broth over the meat, set in a hot oven, roast 20 minutes, basting frequently; dress the meat on a hot dish, remove the threads, cut the pork into thin slices, and garnish the shoulder alternately with the sliced pork and boiled cabbage rolls (see CABBAGE). Melt 1 ounce butter in a saucepan, add 1 tablespoonful of flour, stir a few minutes; add the broth from the meat; if too thick dilute it with boiling water, if too thin reduce it by boiling to 1 pint of sauce. Pour a little sauce over the meat and cabbage, and serve the remainder in a sauce bowl.

Boiled Leg of Lamb.—Place a leg of lamb in a large saucepan, add 2 pounds of lean salt pork, 2 onions, ½ carrot, cover and boil till done. When ready to serve lay the meat on a hot dish, also the pork, and serve with mushroom sauce; cauliflower or Lima beans, and boiled potatoes may be served with this or any kind of vegetables in season. In place of mushroom sauce a caper, tomato, allemande, horseradish, onion, or a béchamel sauce may be served with it.

Lamb Stew.—Procure 2½ pounds lamb from the forequarter, cut into 2-inch pieces; place in a covered saucepan, cover with boiling water, add 2 even tablespoonfuls salt, 1 even teaspoonful pepper, 2 fine-cut onions, and cook 40 minutes; then add 1 quart peeled potatoes; when nearly done melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, cook a few minutes, add it to the stew, and cook till done; serve on a warm dish.

Lamb Stew à l'Allemande.—Cut 2½ pounds lamb off the forequarter into 2-inch pieces, place the meat in a saucepan, cover with boiling water, let it remain 2 minutes; then drain the meat on a sieve and plunge it instantly into cold water; return the meat to the saucepan, cover with fresh boiling water, add 2 even tablespoonfuls salt, 1 even tablespoonful pepper, 12 small white (or 4 medium-sized) onions, cover and cook 1 hour. Melt 2 ounces butter in a saucepan, add 2 heaping tablespoonfuls flour, stir 3 minutes; add 1 quart of the strained broth, cook 5 minutes; mix the yolks of 2 eggs with ½ cupful cream, add it to the sauce; remove from the fire; add the juice of ½ lemon and a little nutmeg, arrange the meat on a hot dish, pour the sauce over and garnish with 6 nudle timbales, then serve. In place of nudle, spaghetti or rice timbales may be used as a garnish, or a border of either of them may be put around the stew.

Lamb Fricassee with Farina Dumplings.—Dip 2 breasts of lamb into boiling water, then instantly into cold water; cut the meat into 2-inch pieces. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls fine-chopped onions, and cook 5 minutes without

browning; season the meat with 1 tablespoonful seasoning salt; add it to the saucepan, cook 10 minutes; then cover with boiling water, put on the lid, and cook till done. Shortly before serving melt ½ tablespoonful butter, add ½ tablespoonful flour, stir and cook a few minutes; add it to the fricassee, boil for a few minutes longer; then serve on a warm dish with farina dumplings. Veal fricassee may be prepared in the same way.

Spring-lamb Stew.—Three pounds lamb off the breast, 6 young white turnips, 2 bunches of young carrots, 1 pint of green peas, 1 quart small new potatoes, 3 white onions, 1½ even tablespoonful salt, 1 even teaspoonful white pepper, 3 quarts boiling water. For dumplings: 1 cup flour, 1 of milk, 1 tablespoonful butter, 2 eggs, nutmeg, and salt. After cutting the meat into 2-inch sized pieces put it into a bowl, pour over sufficient boiling water to cover, let it lay for 2 minutes, drain it in colander, and rinse off with cold water. Place the meat in a saucepan, cover with 3 quarts boiling water, put it over the fire, add the salt and pepper; peel and cut the turnips into quarters, also the onions, scrape and cut the carrots into strips, add all to the stew, cover and boil ½ hour; then add the well-cleaned potatoes and peas, boil until done. In the meantime prepare the dumplings. Boil 1 cup of milk with 1 tablespoonful butter, add 1 cup flour, stir until formed into a smooth paste, and loosening itself from bottom of saucepan; remove from fire, mix the paste thoroughly with the 2 yolks, beat the whites to a stiff froth, add to the paste; season with a little salt and very little nutmeg. Melt 1 ounce butter in a small saucepan, add 1 tablespoonful flour, stir 3 minutes, and add it to the stew. Cut with a small spoon dumplings from the paste, and drop them into the stew, cover and boil 5 minutes; remove to side of stove, where it will stop boiling. When ready to serve, add 1 tablespoonful fine-chopped parsley.

Ragoût of Lamb.—Cut the meat from a shoulder of lamb into 1-inch sized pieces, season them with 1 tablespoonful seasoning

salt; melt 2 ounces butter in a saucepan, add 2 fine-chopped onions, cook 3 minutes; add the lamb, stir a few minutes; cover, and let it cook slowly 20 minutes, then dust over 2 tablespoonfuls flour, stir 3 minutes; add 1 quart of meat broth or boiling water, stir again; then draw the saucepan to side of stove, and let it cook slowly till done. Serve on a hot dish with cooked vegetables in season.

Haricot de Mouton.—Cut a shoulder of mutton or lamb into 1-inch pieces, about 3 pounds, season with 1 tablespoonful seasoning salt, mix seasoning and meat well together. Place a saucepan over the fire, with 2 fine-chopped onions, 1 ounce butter, 1 clove of bruised garlic, stir and cook 3 minutes; then add the meat, stir for a few minutes, cover, and let cook slowly 30 minutes. In the meantime melt 2 ounces butter in a small saucepan, add 2 tablespoonfuls flour, stir and cook 2 minutes; add 1 quart of broth or boiling water, with a little beef extract, add a bouquet and 6 small onions, cook 5 minutes; then add it to the meat, cook until done. Shortly before serving, remove the bouquet and every particle of fat. Dress the haricot on a hot dish, and garnish with cooked Lima beans and carrot balls.

Lamb à la Milanaise.—Procure 2½ pounds lamb from the shoulder, cut into 2-inch pieces, wash in cold water, and season with 1 tablespoonful salt, 1 teaspoonful pepper; rub the meat and seasoning well together. Place a saucepan with 1 tablespoonful butter over the fire, add ½ cupful fine-chopped onions and 1 bruised clove of garlic, cook 5 minutes; then put in the meat, stir frequently, and cook 15 minutes; add ½ pint of canned tomatoes, cover, and cook slowly ½ hour. Melt ½ tablespoonful butter in a saucepan, add ½ tablespoonful flour, stir and cook 2 minutes; add ½ pint broth or boiling water, cook 3 minutes; add it to the meat, cook 15 minutes, and serve with boiled rice.

Lamb Fries, Broiled.—Remove the skin from 4 lamb fries, cut each one into 3 slices, season with 1 teaspoonful seasoning salt, mix 2 tablespoonfuls olive oil with ½ teaspoonful English mixed

mustard, 1 tablespoonful lemon juice, pour this over the slices; mix well together; dip each slice into fresh grated bread crumbs, lay on a hot broiler, and broil over a clear fire 10 minutes, turning frequently. Serve on a warm dish, garnish with cut lemon, and serve with following sauce: Melt ½ ounce butter in a saucepan, add 1 tablespoonful fine-chopped onion, cook 5 minutes; add ½ tablespoonful flour, cook 3 minutes; then add 1 cup boiling water, ½ even teaspoonful salt, a little white pepper, and a small bouquet, cook 6 minutes. Strain, add 1 teaspoonful beef extract, ½ teaspoonful English mixed mustard, a little Cayenne pepper, and serve.

Lamb Fries à l'Allemande.—Remove the skin from 6 lamb fries, cut each one into 3 slices, season with 1 even tablespoonful seasoning salt, lay in a covered dish with 1 tablespoonful oil and the juice of 1 lemon, cover, and set aside 1 hour. Remove, dry on a towel, and dust with flour; dip each slice in beaten egg, and cover with fine grated bread crumbs. Melt ½ ounce butter and ½ ounce pure lard, when hot put in the lamb fries, fry light brown on both sides; dress on a warm dish in a pyramid, put on top a bunch of fried parsley, lay some quarters of lemon in a circle around it, and serve with tomato sauce à l'allemande.

Lamb Haslet Ragoût.—Place a lamb's heart and liver in a saucepan of boiling water, cook 5 minutes; then remove and instantly plunge into cold water; let it lie 5 minutes; remove and cut the liver and heart into 1-inch pieces. Put a saucepan with 2 ounces fine-cut larding pork over the fire, fry light brown; add 2 tablespoonfuls fine-chopped onion, cook 3 minutes; season the heart and liver with 1 tablespoonful seasoning salt, add them to the saucepan, cover and cook 10 minutes, stirring frequently; then cover with 1 pint of stock or broth, add ½ can of mushrooms, a small bouquet, cook 25 minutes; add the juice of 1 lemon, boil 12 small white onions 10 minutes in water with 1 teaspoonful sugar; then drain, and add to the ragoût. Melt 1 ounce butter, add 1 table-

spoonful flour, stir 2 minutes; add it to the saucepan, and cook a few minutes longer. Serve on a warm dish, and garnish with small slices of bread fried brown in butter or with a nudle border, rice timbales, or farina dumplings. (If mushrooms are not handy they may be omitted.)

Lamb Hakel-Lummels.—Place a lamb's head and haslet in a saucepan, cover with boiling water, add 1 tablespoonful salt, 1 teaspoonful pepper, 2 onions, 1 small carrot, and a bouquet; cover and cook slowly till tender. When done take it from the saucepan, remove all the meat from the head, cut it into small pieces, and the haslet into 1-inch pieces. Melt 2 ounces butter in a saucepan, add 1 fine-chopped onion, cook 5 minutes without browning; add 1 tablespoonful flour, stir 2 minutes; add 2 cupfuls broth from the haslet, 1 cup white vinegar, 2 tablespoonfuls sugar, boil a few minutes; add the fine-cut meat, cook 5 minutes; then taste if necessary, add salt and pepper, and serve with potatoes or farina dumplings.

Lamb Haslet, Braised.—Chop 1 onion exceedingly fine, mix it with 1 tablespoonful seasoning salt; cut 4 ounces larding pork into strips half a finger thick, roll the slices of pork in the seasoning; make 6 incisions in the liver and 3 in the heart with a small pointed knife, put 1 strip of pork into each incision; cut the pork even with the liver, rub the remaining seasoning all over the liver and heart. Put a few slices of pork or the trimmings in a saucepan, add 2 sliced onions, 1 small carrot, lay the heart and liver on top of this, add 1 quart of stock, cover first with buttered paper, then put on the lid; cook slowly 1 hour; then take the heart and liver out, lay in a baking pan; strain the broth, free it from fat, and pour over the liver and heart; set the pan in a hot oven, roast $\frac{1}{2}$ hour, basting frequently. Shortly before serving lay the haslet on a warm dish, melt 1 ounce butter in a small saucepan, add $\frac{1}{2}$ tablespoonful flour, cook 2 minutes; add the gravy from pan, cook 5 minutes; add the juice of $\frac{1}{2}$ lemon, a pinch of sugar, and a little

beef extract, pour a little sauce over the liver and heart, and serve the remainder in a sauce bowl; garnish with potato patricia and carrot balls.

Lamb Trotters, Boiled.—Dip 1 dozen lambs' feet into boiling water, scrape clean, split them underneath, remove the pointed hoof bones, leaving the foot whole. Mix 1 tablespoonful flour with ½ pint of cold water, add 3 pints boiling water, 1 onion, 1 small clove of garlic, 1 tablespoonful salt, a bouquet, and 12 whole peppers; cover and cook slowly 4 hours. When done, drain, and serve with any kind of sauce desired.

Lamb Tongue à l'Allemande.—Place 12 lambs' tongues in a saucepan, cover with boiling water, cook 3 minutes, then drain, and put them for a few minutes in cold water; return the tongues to saucepan, add sufficient boiling water to cover, 1 onion, 1 small carrot, a bouquet, 1 tablespoonful salt, and 12 whole peppers, cook until tender; when done, take the tongues out, remove the white skin, and set in a warm place. Melt 1 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1½ cupful white broth, ½ cupful mushroom liquor, 1 even teaspoonful salt, ¼ teaspoonful white pepper, and a small bouquet, cook 6 minutes; then strain, add the juice of ½ lemon; mix the yolks of 2 eggs with ½ cupful cream, add gradually to the sauce. Place the tongue on a hot dish, pour over the sauce, garnish with 6 rice timbales, and serve.

Lamb Tongue à la Jardinière.—Boil 1 dozen lambs' tongues as in the foregoing recipe. Place 1 pint green peas in a saucepan, cover with boiling water, add 1 teaspoonful sugar, and cook till done and nearly dry; add ½ ounce butter mixed with ¼ teaspoonful cornstarch, season with ½ even teaspoonful salt, cook a few minutes; add 1 teaspoonful fine-chopped parsley, 2 tablespoonfuls cream, or a little unsweetened condensed milk; cook 1 pint carrots (cut julienne) in boiling water, with 1 tablespoonful sugar; when done and nearly dry, add ½ ounce butter mixed with ½ tea-

spoonful cornstarch, season with ½ even teaspoonful salt, and cook a few minutes; add 1 teaspoonful chopped parsley; then arrange the tongues on a warm dish, lay in a circle 12 small boiled potatoes around them, and serve.

Broiled Lamb Tongue.—Split 12 boiled lamb tongues in half, dip them in melted butter, cover with fresh grated bread crumbs, lay the tongue on a hot broiler, and broil light brown on both sides. Dress the tongue on a warm dish, spread over 2 ounces maître d'hôtel butter, and garnish with fried tomatoes.

Lamb Tongue à la Tortonia.—Prepare 12 lambs' tongues as in foregoing recipe, serve, in place of maître d'hôtel butter, with tomato sauce, and garnish with potatoes tortonia.

Lamb Chops, Fried.—Procure 1½ pound nicely trimmed lamb chops. Place a frying pan, without any fat, over the fire, when hot put in as many chops as will conveniently lie in the pan, fry 8 minutes, turning 3 times; when firm to the touch, and offering a slight resistance, they are done (great care must be taken not to overcook them). When they are thus all fried, arrange them nicely on a warm dish; mix 1 ounce butter with ½ tablespoonful seasoning salt, spread this over the chops equally divided. Arrange the chops in a straight row in center of the dish, having the bone underneath; garnish the sides with fried tomatoes; serve with baked potatoes and young corn boiled on the cob.

Lamb Chops, Broiled.—Take 1½ pound lamb chops nicely trimmed and prepared; brush over with melted butter, lay on a hot broiler, and broil 8 minutes, turning frequently. When done arrange on a hot dish, mix 1 ounce butter with ½ tablespoonful seasoning salt, spread it over the chops, and garnish with French fried potatoes.

Epigrams of Lamb.—Place 2 ounces fine-cut fat pork in a saucepan, add 1 carrot and 2 sliced onions; on top of this place the breast of a lamb, add a bouquet, ½ tablespoonful salt, and 12 whole

peppers; cover with boiling water, put on the lid, and boil slowly till the bones can easily be removed; then take them out, lay the breast on a hot dish, put over a board or flat dish, set a weight on top till cold. Strain the broth, remove all the fat, and reduce it by boiling to a half glaze. When the breasts are cold cut them into half-heart-shaped pieces; trim nicely, and insert a small bone into each pointed end; lay into a pan, pour over the reduced broth, and place for 10 minutes in the oven, basting frequently. At the same time fry as many French lamb chops as there are chops of the breast; arrange them on a hot dish alternately in 2 rows, and place a garnish on each side of it, prepared as follows: Boil 1 quart small string beans in salted water; when done, drain and place them in a saucepan with 2 ounces butter, cook 10 minutes. At the same time scald 4 medium-sized tomatoes in boiling water, remove the skin, cut each tomato in half, press out the moisture. Place the tomatoes in a pan, season with 1 teaspoonful seasoning salt, and pour 1 ounce melted butter over; set the pan for 10 minutes in a hot oven. Arrange the beans in clusters on each side of the epigrams, and lay between each cluster a piece of tomato, then serve. In place of this garnish any other garnish may be used.

Epigram of Lamb à la Villeroi.—Place 1 breast of lamb in a saucepan, cover with boiling water; add a bouquet, 2 onions, 1 small carrot, ½ tablespoonful salt, and 1 teaspoonful coarsely pounded pepper, boil until tender; then take it out, remove the bones, place the breast on a dish under a weight, and set aside. When cold, cut the meat into 8 pieces half-heart shape, stick a small bone in the narrow end, then season with pepper and salt, cover entirely with a thick sauce à l'allemande, and set aside till cold; then dip each chop into beaten egg, cover with bread crumbs, and fry to a delicate brown in half lard, half butter. Fry, and season with pepper and salt, 8 French chops to a fine color; arrange them in a circle on a hot dish alternately with the breast, decorate the handles with paper frills, and pour in the center a mushroom salpicon.

MUTTON.

Boiled Mutton.—Select a nice leg of mutton, wipe it off with a damp towel, place it in a large kettle, cover with boiling water, add 1 tablespoonful salt, 3 large onions, 1 carrot, 1 white turnip, 12 whole peppercorns, and a large bouquet; cover and boil slowly from 2½ to 3 hours. When done, lay the mutton on a warm dish, and serve with caper sauce, boiled potatoes, and any kind of vegetables that may be desired. The broth can be used for soup.

Mutton à la Allemande.—Procure a leg of young mutton, wipe it off with a damp towel, season with 1 tablespoonful seasoning salt, rubbing the seasoning well into the meat. Fry 4 ounces larding pork in a saucepan till crisp, add 2 ounces butter; as soon as the butter is melted put in the mutton, turn frequently, and cook till light brown all over; add ½ pint boiling water, cover, and cook 20 minutes; then add 1 pint of sour cream, cook slowly from 2½ to 3 hours, turning the meat now and then (when the gravy boils away add more water and cream, but not too much at a time). Shortly before serving add ½ cupful fine-chopped onions, cook 15 minutes longer. Transfer the meat to a hot dish, remove every particle of fat from the gravy, mix 1 tablespoonful flour with 1 gill of cold water, add it to the gravy, cook for a few minutes; add sufficient boiling water to make a creamy sauce, boil 3 minutes; then strain, pour a few spoonfuls over the meat, and serve the remainder in a sauce bowl. Serve with Russian turnips à la crême and mashed or boiled potatoes.

Leg of Mutton à la Westphalia.—Procure a nice leg of mutton at least 10 days old, remove the skin and fat, lard it closely with fine strips of larding pork, season with 1 tablespoonful seasoning salt. Make 6 deep incisions in the meat 2 inches apart, cut 1 large white onion lengthwise into 6 pieces, put a piece of onion into each incision, press them down so that they can not be seen on top the meat. Lay the mutton in a roasting pan, baste it well with 2

ounces melted butter, set in a hot oven, baste frequently, and roast till the gravy begins to brown on bottom of pan; add ½ pint of veal broth or boiling water, roasting 20 minutes longer; then add 1 pint of sour cream, continue the roasting and basting till done, which will take from 1½ to 2 hours. When ready to serve, lay the meat on a hot dish; strain the gravy, remove every particle of fat, mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, cook for a few minutes on top the stove (if too thick dilute it with broth or water, and if not brown enough add a little sugar color). Serve with any kind of cooked vegetables in season; or serve with Hanovarian pudding, stewed prunes, and small boiled potatoes.

Leg of Mutton à l'Américaine.—Procure a fine leg of mutton from a first-class butcher to make this excellent dish to perfection. Select meat which is at least 1 week old in summer, or a week and over in winter. Wipe the meat off with a damp towel, season it with 1 even tablespoonful seasoning salt, spread 1 ounce butter over the top. Place the mutton in a roasting pan, set it in a hot oven, roast until it has obtained a light brown color, basting frequently; then add 1 cupful boiling water, continue to roast and baste till done. (It will take for a leg of 8 pounds 2½ hours. The mutton should be done, but still a little rare toward the bone. Some like it very rare; in that case 1 hour would be sufficient.) When ready to serve, lay the meat on a hot dish; remove the fat from gravy, mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook a few minutes; add sufficient boiling water or broth to make 1 pint of sauce, cook a few minutes. Strain, add ½ tablespoonful butter (if water has been used in place of broth, add ½ teaspoonful beef extract), then serve. Some prefer to have the gravy not thickened, then simply remove the fat, add a little boiling water to the gravy, strain, and serve with the meat. Serve mashed or boiled potatoes and string beans à la crême with this, or any vegetables in season. The mutton may be garnished

with stuffed tomatoes or boiled sweet potatoes freed from their skins, and fried brown in butter.

Saddle of Mutton à l'Allemande.—Procure a well-seasoned saddle of mutton, remove the bones and superfluous fat, season the inside with 1 tablespoonful seasoning salt, roll it up and secure its shape with several rows of strings tied around it; rub 1 tablespoonful seasoning salt all over the meat, place it in a roasting pan, spread 2 ounces butter over the top. Set the pan in a hot oven, roast until the meat has obtained a fine brown, basting it frequently with its own gravy; add 1 cup of boiling water, 2 whole onions, a few pieces of carrot, roast and baste 20 minutes; then add 1 pint sour cream, roast and baste often until the meat is done. Shortly before serving take the saddle from oven, take off the strings, lay it on a warm dish; remove all fat from gravy, mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, set the pan on top of stove, stir and cook 3 minutes (if too thick dilute it with boiling water or broth; there should be 1 pint of sauce). Strain, pour a little of the sauce over the meat, serve the remainder in a sauce bowl. Serve with boiled potatoes and red cabbage à l'allemande.

Saddle of Mutton à la Milanaise.—Select a fine saddle of mutton (about 7 pounds in weight), remove the upper skin, tie it with several rows of strings to secure its shape, season with 1 tablespoonful salt. Lay the meat in a roasting pan, pour ½ cupful water in the bottom of pan, set in a hot oven, roast and baste frequently till done, which will take 1 hour (or allow 10 minutes for each pound; mutton roasted in this way should be rare, the same as roast beef). When done, dress the meat on a hot dish; remove all fat from gravy, dilute with 1 gill of boiling water, strain, and serve with the meat. Garnish with tomatoes à la Milanaise. In place of tomatoes it may be garnished with teutonia potatoes. It is then called à la Teutonia.

Saddle of Mutton à la Madeira.—Prepare a saddle of mutton as in foregoing recipes, and serve with Madeira sauce. Saddle of

mutton may be served with currant jelly, Colbert, or truffle sauce; it is then named either after the sauce or garnish.

Roast Mutton prepared like Venison.—Boil 1 pint vinegar and 1 pint water with 2 onions, 6 cloves, 1 dozen peppers, 2 blades of mace, and 2 bay leaves 15 minutes. Strain, and when cold pour it over a leg of mutton, let it lie for 4 or 5 days, turning it each day once. When ready to dress take out and lard the meat with fine strips of larding pork, season with salt and pepper, put it in a pan, pour over 2 ounces melted butter. Place the pan in a hot oven, roast and baste first with the butter, then add by degrees 1 cup of boiling water and 1 of sour cream, let the meat roast until done, which will take 2½ hours. When ready to serve remove it to a hot dish; skim and thicken the gravy with a little cornstarch; strain and serve with the meat. If the gravy should not be dark enough, add a few drops of sugar color, send currant jelly to table with it. A saddle of mutton may be dressed in the same way.

Leg of Mutton Marinière.—Remove the skin and superfluous fat from a well-seasoned leg of mutton, lard it closely with fine strips of larding pork, season with 1 tablespoonful seasoning salt. Lay the mutton in a bowl or stone jar, pour over the marinade mentioned below, cover and let it stand 3 days, turning it once each day. For marinade, place a saucepan with 1 cupful fine-chopped onions over the fire, add 2 ounces beef drippings, ½ cupful fine-cut carrots, 1 sprig of cut celery, stir and cook 10 minutes, then add 1 quart white vinegar, 1 pint of water, 6 cloves, 1 bay leaf, 1 tablespoonful coarsely pounded black pepper, the same of allspice, 1 blade of mace, ½ bunch of parsley, and cook 40 minutes; then strain through a fine sieve, and when cold pour it over the meat. When the leg of mutton is to be cooked, take it from the marinade and wipe it dry. Cover the bottom of a double pan or wide saucepan with 4 ounces fine-cut larding pork, 2 sliced onions, 1 sliced carrot, and a bouquet; lay the meat on top of this, pour the marinade over all, cover the meat with buttered paper, put over the lid,

place over the fire, and cook slowly 2½ to 3 hours. Take out the meat, lay it in a baking pan, strain the broth, remove all fat, pour the broth over the meat; add ½ cupful currant or apple jelly, place the pan in a hot oven, baste frequently and roast 30 minutes; then lay the meat on a hot dish. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, cook 2 minutes; add the gravy from the pan (if too thick, add sufficient boiling water to make 1 pint of sauce), boil three minutes; add ½ ounce butter, and, if handy, ½ teaspoonful beef extract and 1 tablespoonful currant jelly. Pour 1 gill of sauce over the meat, and the remainder in a sauce bowl. Serve with potato dumplings and stewed prunes.

Braised Leg of Mutton.—Remove the skin and superfluous fat from a leg of mutton; lard it closely with fine strips of larding pork, season with 1 tablespoonful seasoning salt, rubbing the seasoning well into the meat; cover the bottom of a double roasting pan, or one which has a well-fitting cover, add 2 onions, 1 carrot, 1 branch of celery, ½ white turnip, 2 ounces larding pork, 2 ounces raw ham, place the meat on top of this; add 2 quarts of stock or boiling water, cover the meat first with buttered paper, then put on the lid; set the pan in a medium-hot oven, or on top the stove, and cook from 2 to 3 hours. When the meat is done transfer it to a roasting pan, remove the fat from broth, then strain the broth over the meat; set in a hot oven, baste frequently until the meat has obtained a fine glaze, then lay it on a warm dish. Dilute the gravy in pan with a little boiling water, scrape off the brown part from the sides and bottom of pan and mix it with the gravy. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir a few minutes; add the gravy from the meat (if too thick add sufficient boiling water to make 1 pint of sauce), cook 5 minutes, then strain, pour ½ gill of sauce over the meat and pour the remainder in a sauce bowl. Braised mutton may be garnished with cabbage rolls or cauliflower; it may also be served with spinach, creamed carrot, creamed chicory, string beans, or creamed turnips.

Braised Mutton à la Provençale.—Remove the bone from a nice leg of mutton, fill it with sausage forcemeat, and sew it up; remove the skin on top, and lard it with fine strips of larding pork; season with 1 tablespoonful salt, 1 teaspoonful pepper, rub the seasoning well into the meat. Put 4 ounces lean raw ham in a double baking pan or a saucepan with a tight-fitting cover; add 2 onions, 1 carrot, 2 cloves of garlic, 12 whole peppers, and a bouquet, put the meat on top of this; pour 1 gill of brandy over it, add 3 pints of stock or broth; cover the meat with buttered paper, put on the cover, set it in a medium-hot oven or on top the stove, and cook from 3 to 3½ hours. When the meat is done remove it to a roasting pan; strain the broth, remove all the fat, and pour the broth over the meat; return to the oven, roast and baste till it has obtained a nice glaze; then lay the meat on a warm dish; garnish with baked tomatoes and boiled white onions. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add the gravy from the meat (if too thick add sufficient boiling water to make a creamy sauce); strain and serve with the meat.

Saddle of Mutton, Braised à la Française.—Procure a fat saddle of mutton, remove the spine bone without injuring the fillets; cut the flaps square; then season the saddle inside with one even tablespoonful salt, 1 even teaspoonful pepper, roll it up, pass some strings several times around it and tie firmly; rub 1 even tablespoonful salt and 1 even teaspoonful pepper all over the meat; cover the bottom of a double roasting pan with 2 onions, 1 carrot, a bouquet, 2 cloves of garlic; lay the meat on top of this, add sufficient broth or stock to nearly cover the meat; cover first with buttered paper, then put on the cover; set the pan over the fire, cook slowly from 3 to 4 hours. When the meat is done, lay it in a baking pan; strain the broth, remove all the fat, then reduce it by boiling to 1 quart; pour this over the meat, set the pan in a hot oven, and roast till the meat has obtained a nice color; then lay it on a warm dish; garnish with stuffed onions. Melt 1 tablespoonful butter in a saucepan, add 1 table-

spoonful flour, stir a few minutes, add the gravy from the meat, cook 5 minutes; mix the yolks of 2 eggs with ½ cupful cream, add it to the sauce; remove from the fire, add the juice of ½ lemon and a little nutmeg (if the gravy should be too thick dilute it with cream).

Neck of Mutton, Braised.—Trim nicely 2 necks of mutton, put them in a saucepan, cover with 3 pints of broth or stock; add 2 onions, ½ carrot, a small bouquet; add ½ pound salt pork, 6 whole peppers, cover, and cook slowly from 1½ to 2 hours till done. As soon as done lay the necks in a roasting pan; strain the broth, remove all the fat, and reduce it by boiling to 1½ pint; pour this over the necks, roast, and baste till they have obtained a fine color; then dress on a warm dish, pour part of the gravy over, and garnish with groups (1 pint each) of potatoes, carrots, and turnip balls boiled in water and sautéd in butter; or any other kind of vegetables may be served with it. Cut the salt pork in thin slices and lay it between the groups of vegetables.

Shoulder of Mutton, Potted.—Remove the bones from a shoulder of mutton and fill it either with sausage or veal forcemeat, or with bread and potato filling (see FORCEMEAT), sew up, and tie firmly with a string; season with 1 tablespoonful seasoning salt. Place a saucepan large enough to hold the shoulder over the fire with 2 ounces fine-cut larding pork; fry light brown; put in the meat, turn frequently, and cook till the meat has obtained a light-brown color; then add 1 cupful of broth or boiling water, a small clove of garlic, 1 onion, ½ carrot, and a small bouquet; cover and cook slowly from 2½ to 3 hours (adding more water if it boils away). When done take the shoulder from saucepan, lay it on a hot dish, remove all the fat from the gravy; mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir, and cook a few minutes on top the stove; add enough boiling water or broth to make 1 pint of sauce, boil 3 minutes; strain, pour 1 gill of sauce over the meat, and serve the remainder in a sauce bowl.

Serve with stewed tomatoes and mashed potatoes or any kind of vegetables in season.

Shoulder of Mutton boiled with Cabbage.—Place a well-prepared shoulder of mutton in a saucepan, cover with boiling water, cook 5 minutes, then remove, and plunge it instantly into cold water; return the shoulder to saucepan, cover with fresh boiling water, add ½ even tablespoonful pepper, 1 tablespoonful salt, 3 onions, 1 carrot, 1 white turnip, a bouquet, and 12 peppercorns. Place the saucepan over the fire and cook slowly 3 hours. Cut a medium-sized cabbage into quarters, place it in a saucepan, cover with boiling water, add 1 tablespoonful sugar, cover, and boil 1 hour; then drain the cabbage on a sieve, return it to the saucepan, add 1½ pint of the mutton broth, cover, and cook about 30 minutes, till tender. When ready to serve lift the meat from the broth, lay it on a warm dish; drain the cabbage and serve it with the meat and boiled potatoes. Tomatoes cut into slices, dressed with vinegar, a little sugar, salt, and pepper may be served with this; also beet or cucumber salad. For salad see my book Desserts and Salads, recipes 860, 863.

Breast of Mutton, Boiled.—Cooked the same as shoulder of mutton.

Mutton Chops à la Marinière.—Prepare 6 mutton chops the same as for broiling, season with 1 even tablespoonful seasoning salt, place them in a covered dish with 2 onions cut into slices, 1 sprig of thyme, 2 tablespoonfuls olive oil, ½ bunch of parsley, cover the dish, and set in a cool place for 2 hours. Fifteen minutes before serving place a broiler over a clear fire, remove the chops, lay them on the hot broiler, and broil about 10 minutes, turning frequently; when firm to the touch and offering a slight resistance, lay them on a hot dish, spread 2 ounces maître d'hôtel butter over, garnish with fried or broiled tomatoes and serve with baked potatoes.

Mutton Cutlets à la Marquise.—Procure 6 mutton chops 1 inch thick and 5 inches long, remove the meat 1 inch deep from

the end bone, cut off the outside skin which covers the fat, pound the chops lightly, and flatten to ¾ inch; season with 1 even tablespoonful seasoning salt. Melt 2 ounces butter in a pan, add the chops, cook 2 minutes on each side; then remove, lay on a dish, put over a light press. When cold dip each in Villeroi sauce in which ½ cupful of fine-chopped mushrooms have been mixed; let stand till cold. Thirty minutes before serving besprinkle the cutlets with bread crumbs, dip in beaten egg, then in bread crumbs, pat nice and smooth with a knife. Melt 2 ounces of butter in a baking pan, put in the chops, and bake in a moderate oven light brown on both sides. Arrange on a warm dish, garnish with stewed mushrooms, and the bone with paper frills. Serve with tomato sauce.

Nürnberger Cutlet.—Take a 3-pound piece of mutton from the rack, remove the bones, and cut the meat into 6 chops; cut off a piece from the rind so that the chops are about 8 inches long, remove part of the fat, roll them into round shapes, beginning at the thick end, securing their shape with a toothpick, pound them lightly to flatten. Place a frying pan over the fire, let it get hot, then put in the chops, and fry 8 minutes, turning them 3 times. When firm to the touch, offering a slight resistance, they are done. Dress them on a warm dish; mix 1 ounce butter with ½ even tablespoonful seasoning salt, spread this over the chops. Put 1 fine-chopped onion in the mutton fat, fry 5 minutes without browning; add ½ tablespoonful flour, stir a few minutes; add 1 cup of boiling water, ½ teaspoonful beef extract, ½ even teaspoonful salt, ¼ teaspoonful pepper, cook 3 minutes; then strain, add 1 tablespoonful lemon juice, a sprinkle of sugar, mix, and pour in a sauce bowl. Pour a little sauce over each chop, garnish with 1 pint stewed green peas, 1 pint boiled carrot balls, and 1 pint of small cooked potato balls.

Mutton Chops, Breaded and Broiled.—Procure 6 nicely trimmed mutton chops from the rack, season with 1 even table-

spoonful seasoning salt, brush each over with melted butter, and roll in fresh grated bread crumbs. Lay the chops on a hot broiler, and broil 10 minutes, or until firm to the touch, offering a slight resistance. Arrange the chops on a warm dish in a straight row, pour a little of the sauce mentioned below over each, and lay ½ pint potatoes à la Minden on each side of the chops. For sauce: Fry 1 tablespoonful fine-chopped onion in 1 ounce butter 6 minutes; add ½ tablespoonful flour, stir and cook 3 minutes; add 1 cup of boiling water, 1 teaspoonful beef extract, ½ even teaspoonful salt, ¼ teaspoonful pepper, cook 5 minutes, then strain; add 1 tablespoonful lemon juice, pour a little of the sauce over each chop, and serve the remainder in a sauce bowl.

Mutton Chops à la Maître d'Hôtel.—Prepare and broil 6 chops as in foregoing recipe, and spread 1 ounce maître d'hôtel butter over, in place of the sauce.

Mutton Chops, Broiled.—Procure 6 mutton chops 1½ inch in thickness, remove the skin which covers the fat, shorten the rib bones; make a handle to the cutlets by removing the fat from the bone. When all are prepared in this way, pound lightly to flatten down to 1 inch; brush the chops over with melted butter, lay on a hot broiler, and broil 10 minutes, turning frequently. Dress them on a warm dish; spread ½ teaspoonful seasoning butter over each chop, and serve with French fried potatoes, German puffs, or hot muffins.

Mutton Chops, Fried.—To have mutton chops fried to perfection the cooking should be done in such a way that they retain all their juices; they should not be overcooked nor underdone. Place a frying pan over the fire, when hot put in as many chops as will conveniently go in, fry about 8 minutes, turning 3 times; the chops should be just a little rare inside; if cooked too long they will be dry and tasteless, and if not cooked enough, too rare An experienced cook can tell by touching them with a finger; if firm to the touch and offering a slight resistance, they are done, and

should be instantly removed. Arrange the cooked chops on a warm dish. Spread ¼ teaspoonful seasoning butter over each chop, and serve with baked potatoes and hot biscuits or corn muffins.

Devilled Kidneys.—Split 6 lamb kidneys, remove the white part in center, and chop the kidneys fine; place a saucepan with 1 ounce butter over the fire, add 2 tablespoonfuls fine-chopped onions, ½ bruised clove of garlic, cook 3 minutes; add ½ cupful fine-chopped mushrooms, cook 3 minutes; add the kidneys and 1 teaspoonful seasoning salt, stir and cook 3 minutes; then add 1 gill of sherry wine, 1 gill of boiling water with ½ teaspoonful beef extract or broth, cook 3 minutes longer. Remove from fire, add the yolks of 3 eggs, 1 teaspoonful fine-chopped parsley, and a little Cayenne pepper. Fill this mixture into 6 table shells, sprinkle over each ½ tablespoonful fresh grated bread crumbs and a little melted butter. Place the shells in a shallow tin pan, set the pan in a hot oven, and bake light brown. When ready to serve, arrange the shells on a dish with folded napkin, and serve.

Mutton Kidney Sauté.—Split 6 mutton kidneys in halves, remove the fatty part from the center, cut the kidneys into slices. Melt 1 ounce butter in a low saucepan, season the kidneys with 1 teaspoonful seasoning salt, add them to the butter, cook and stir 3 minutes; add 1 gill of sherry wine, cook 5 minutes; sprinkle over ½ teaspoonful flour, stir for a few minutes; add 1 gill of boiling water with ½ teaspoonful beef extract, add 1 tablespoonful lemon juice, toss for a few minutes over the fire, and serve with croûtons.

Mutton Kidney with Fines Herbes.—Prepare 6 mutton kidneys as in above recipe; season with 1 teaspoonful salt and ¼ teaspoonful pepper. Melt 1 ounce butter in a saucepan, add 1 tablespoonful fine-chopped onion and 2 tablespoonfuls fine-chopped mushrooms, cook 5 minutes; then add the kidneys, cook a few minutes; add ½ gill of sherry wine and 1 tablespoonful lemon juice, cook 5 minutes. Mix the yolks of 2 eggs with ½ cup of cream, add it to the kidneys, toss for a few minutes over the fire.

Serve them on a warm dish with a border of fleurons. For Fleurons, see my book Desserts and Salads, recipe 721.

Mutton Kidneys on Skewers.—Split 6 mutton kidneys, not separating the parts, remove the skin, season with 1 teaspoonful salt, 1/4 teaspoonful pepper, dip in melted butter or fine olive oil. Take 3 skewers; run a skewer through the thickest part of 2 kidneys, treat the remaining 4 the same way. Lay them on a hot broiler, with the open side toward the fire, boil 10 minutes, turning several times. When done, arrange the kidneys on a hot dish, alternately with 6 slices of broiled bacon, spread 2 ounces of maître d'hôtel butter over, and serve.

Mutton Kidney à la Mayence.—Split 6 mutton kidneys in halves, remove the white center, cut the kidneys into slices, season with 1 even tablespoonful seasoning salt. Melt 1 ounce butter in a saucepan, add 1 tablespoonful fine-chopped onion, 1/2 clove of bruised garlic, stir and cook 5 minutes; then add the kidneys, cook 5 minutes; add 1 gill of red wine, continue to cook 3 minutes more. Melt 1/2 ounce butter in a small saucepan, add 1/2 teaspoonful flour, stir and cook 2 minutes; add 1/2 cupful boiling water, 1/2 teaspoonful beef extract, stir and cook 2 minutes; season with a pinch of salt and pepper, add the sauce to the kidneys, toss for a few minutes over the fire, and serve.

Kidney Sauté with Madeira Sauce.—Remove the white part of 6 mutton kidneys, cut the kidneys into slices, put, with 1/2 tablespoonful butter, in a small saucepan over the fire; add 1 even teaspoonful salt, 1/2 even teaspoonful pepper, and cook 6 minutes. In the meantime cook 1 tablespoonful fine-chopped onion and carrot in 1/2 tablespoonful butter 5 minutes; add 1/2 tablespoonful flour, and cook 2 minutes; next add 1/2 cupful boiling water, 3 tablespoonfuls sherry wine, a little mushroom liquor, 1/2 teaspoonful beef extract, a small bouquet, 1/2 even teaspoonful salt, and a little pepper, cook 10 minutes; add the juice of 1/2 lemon, strain, and add it to the kidneys. Mix all together, and serve with croustade.

Croustade of Kidney.—Line 6 tartlet molds with puff paste, cover with wax paper, fill with dry peas, and bake in a hot oven till done; remove paper and peas, and fill them with the below-mentioned kidney preparation and serve hot. Prepare the kidney for the croustade as follows: Split and remove the white fatty part of 8 medium-sized mutton or lamb kidneys, cut the kidneys into slices, put with 1 ounce butter in small saucepan over the fire, add 1 even teaspoonful salt, ½ even teaspoonful pepper, cook 6 minutes. In the meantime cook 1 tablespoonful fine-chopped onion and carrot in ½ tablespoonful butter 5 minutes; add ½ tablespoonful flour, cook 2 minutes; next add ½ cupful boiling water, 3 tablespoonfuls sherry wine, 1 gill mushroom liquor, 1 teaspoonful beef extract, a small bouquet, ½ even teaspoonful salt, and a little pepper, cook 10 minutes; add the juice of ½ lemon, strain, and add it to the kidney; toss for a few minutes over the fire, and use as directed.

Mutton Kidney on Toast.—See Beef Kidney on Toast.

Irish Mutton Stew.—For this take 2½ pounds of mutton from the forequarter (not too fat), place the meat in a saucepan, cover with boiling water, cook 3 minutes; remove the meat, and instantly drop it into cold water, let it remain 5 minutes; then take it out, cut it into 1½-inch pieces. Pare and cut into slices 6 medium-sized potatoes, 4 medium-sized onions, cut half a cabbage into shreds. Mix 2 even tablespoonfuls salt with 1 even teaspoonful white pepper. Put a layer of the meat into a deep pan, sprinkle over a little of the seasoning salt, then add a layer of onion, then potatoes, and next the cabbage, seasoning each layer with the seasoning salt; continue in this way till all is in the pan. Add sufficient boiling water to nearly cover the stew, cover the pan, and place it in a vessel of hot water; set it in a medium-hot oven, and bake 2½ hours, or until done. When ready to serve, arrange the stew on a long dish.

Mutton Stew à la Galizienne.—Select 2½ pounds of lean mutton without any fat from the shoulder. Melt 2 ounces butter

in saucepan, add ½ cupful fine-chopped onion, 1 bruised clove of garlic, cook 5 minutes without browning; season the meat with 1 tablespoonful salt, 1 teaspoonful pepper. Mix the meat and seasoning well together, add it to the saucepan, stir and cook 15 minutes; add 2 fine-cut tomatoes and 3 pints of broth or water, cover and cook slowly 1 hour; then add 1 cupful parboiled rice, cook 30 minutes (if necessary, add more water). Serve on a hot dish.

Mutton Stew à la Jaworski.—Procure 2 necks of mutton, cut them into 2-inch pieces, place in a saucepan, cover with boiling water. Fry 2 ounces fine-cut larding pork light brown; add ½ pint of fine-cut onions, cook 5 minutes; season the meat with 1 tablespoonful salt, ½ teaspoonful pepper, add it to the saucepan, stir and cook 10 minutes; then cover with boiling water, and cook 30 minutes; add lastly 3 medium-sized sweet potatoes, peeled and cut into quarters, 1 pint of fresh shelled Lima beans and 4 medium-sized peeled potatoes cut into pieces, cover and cook till done. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir for a few minutes; add it to the stew, cook a few minutes longer; then serve on a warm dish, and garnish with 6 stuffed tomatoes.

Mutton Stew with Dumplings.—Procure 2½ pounds of meat from the shoulder, cut it into 2-inch pieces, place in a saucepan, cover with boiling water, cook 5 minutes; then drain the meat and put it into cold water, let it remain a few minutes; drain once more, put the meat in a saucepan, again cover with boiling water; add 2 even tablespoonfuls salt, ½ even tablespoonful white pepper, also 6 small white onions, 8 whole peppers, and a bouquet, cover and cook slowly 2 hours; then remove the bouquet and fat. Mix 1 ounce butter with 1 tablespoonful flour, add it to the stew; mix 1 pint of prepared flour with ½ ounce of beef drippings or butter; add 4 tablespoonfuls cold water, the yolk of 1 egg, and 1 whole egg. Mix this quantity together quickly, avoiding too much stirring, cut with a tablespoon small portions from this mixture, drop into the boiling stew, cover and boil 6 minutes; then draw

the saucepan to side of stove where it can not boil. Serve on a hot dish, arrange the dumplings in a circle around the edge of dish, sprinkle 1 tablespoonful fine-chopped parsley over. Boiled potatoes and string beans or stewed carrots may be served with this dish; or serve without vegetables.

Mutton Stew.—Cut 2½ pounds of mutton from the breast or shoulder into 2-inch pieces, place them in a saucepan, cover with boiling water; add 4 ounces salt pork cut into small slices, 2 onions cut into quarters, 1 tablespoonful salt, 1 even teaspoonful pepper, cover and cook 1½ hour; then strain the broth through a sieve, remove every particle of fat. Return the broth to the mutton, add 1 quart of peeled potatoes cut into quarters, cook until the potatoes are done; mix 1 ounce butter with 1 tablespoonful flour, add it to the stew, cook until smooth, then serve.

Old-fashioned Mutton Potpie.—Take 2 pounds mutton chops off the loin, remove the fat, and cut each chop into 2 pieces; cut 2 kidneys into slices and also 2 onions, and peel 6 medium-sized potatoes. Line an iron pot around the sides with pie crust (do not put any crust on the bottom), put in layers alternately of the meat, onions, potatoes, and a few thin slices of salt pork; season with salt and pepper and cover with the same crust; then pour in sufficient boiling water to cover the crust, close the pot tightly, and boil slowly 1¼ hour. In serving, cut the crust into pieces, lay them on a warm dish to form a border, and put the rest in the center.

Mutton Pie.—Take 2 pounds of mutton without much bone or fat and 2 kidneys. Cut the meat into 1½-inch-square pieces and the kidneys into halves, remove the thick white part in the center, then cut the kidneys into slices, put them into a pie dish with the meat, season with salt and pepper, and put a few pieces of butter over it; add 2 tablespoonfuls minced onion and 1 pint of water, cover with a rich crust, and bake 1½ hour.

Sheep's Liver, Fried.—Cut the liver into slices, season with salt and pepper, roll in flour; fry 6 slices of bacon, remove them to

a hot dish; put the liver into the bacon fat and fry light brown on both sides. Arrange them on a warm dish with the bacon; add to the fat in pan ½ tablespoonful flour, stir 2 minutes; add 1 cupful stock or boiling water with a little beef extract, ¼ teaspoonful salt, the same of pepper, and a little butter; cook 3 minutes; then strain the sauce over the liver and serve. Calf's, beef's, or lamb's liver can be prepared the same way.

Braised Mutton Cutlets à la Provençale.—Cut 2 necks of mutton into thick cutlets. Put 2 ounces fine-cut larding pork in a saucepan, add 1 sliced onion, a small carrot, and a bouquet; lay the cutlets over this, cover with broth, cover with buttered paper, put on the lid, set the saucepan over the fire, and boil gently 1½ hour; take them from the fire; when nearly cold lift the cutlets carefully from the liquor, lay them on a flat dish, put over a light weight, and set aside till perfectly cold. Thirty minutes before serving boil 3 large white onions 10 minutes in water, remove, and chop them fine; place the onion with 1 ounce butter in a saucepan over the fire, cover, and cook till done without browning; season with salt and a little white pepper, add ½ tablespoonful flour, stir, and cook a few minutes; add the yolks of 2 eggs and a few spoonfuls cream, cook a few minutes; then remove from the fire, trim the cutlets neatly, cover on one side with the onion purée; sprinkle over some grated Parmesan cheese and bread crumbs. In the meantime strain the broth, reduce it by boiling to half glaze; pour a little of the glaze in the pan, lay the cutlet over, and bake in a hot oven to a delicate brown color; then remove. Arrange them on a hot dish and pour a little glaze over each cutlet and serve.

Mutton Cutlets à la Pragoise.—Prepare and boil 2 necks of mutton the same as in foregoing recipe. When cold trim them neatly and cover one side with a horseradish purée prepared as follows: Melt 1 ounce butter, add 1 tablespoonful flour, stir 2 minutes; add a cupful boiling milk, stir, and cook a few minutes; season with 1 even teaspoonful salt, add ½ teaspoonful nutmeg, 1 tea-

spoonful sugar, a little Cayenne pepper, and ½ cupful grated horseradish; boil 3 minutes; mix the yolks of 2 eggs with the juice of ½ lemon, add it to the horseradish; mix all well together, then remove. Cover one side of each cutlet with this purée, brush over with the beaten white of 1 egg, and sprinkle 1 teaspoonful fine-fried bread crumbs over each one. Arrange in a pan, pour a little half glaze under them, and bake a few minutes in a hot oven to warm through. When ready to serve arrange the cutlets in a circle on a warm dish and place in the center some fried sweet-potato balls.

Côtelettes d'Agneau à la Villeroi.—Prepare 12 lamb chops like French chops, season with salt and pepper, fry them for a few minutes in butter on both sides about half done, and then set aside to cool. In the meantime melt 2 ounces of butter in a saucepan, add 2 heaping tablespoonfuls flour, stir for a few minutes; add 1 pint of boiling veal or chicken broth, ½ cupful fine-chopped mushrooms, and ½ gill of mushroom liquor; season with 1 teaspoonful seasoning salt, cook 5 minutes, remove to the side of stove. Mix the yolks of 4 eggs with ½ cupful cream and stir it into the sauce. Stir for a few minutes over the fire, add 4 tablespoonfuls grated Parmesan cheese and the same of Swiss cheese. Remove the sauce from the fire and let it cool off a little. Dip the chops separately into the sauce, smooth over with a knife, lay them on a tin plate with bread crumbs underneath; or the sauce may be poured over the chops with a spoon. Place the chops ½ hour on ice, then dip them into beaten egg, and cover with grated bread crumbs. Ten minutes before serving fry them in hot fat to a golden brown. Serve with fried parsley.

COLD LAMB AND MUTTON.

How to utilize.

Minced Lamb.—Place a saucepan with 2 ounces butter over the fire; add 3 tablespoonfuls fine-chopped onion, cook 5 minutes without browning; then add 1 heaping tablespoonful flour, stir and

cook 2 minutes; add 1 pint of white broth; season with 1 teaspoonful salt, ½ teaspoonful white pepper, ½ teaspoonful nutmeg, and a small bouquet, cook 6 minutes; remove the bouquet, add 1 quart fine-chopped cold cooked lamb either roasted or boiled, stir and cook 10 minutes; serve on a warm dish, sprinkle 1 teaspoonful fine-chopped parsley over, and garnish with potato croquettes or croûtons.

Curry of Lamb.—Procure 2½ pounds lamb from the shoulder, cut it into 2-inch sized pieces, place in a saucepan, cover with boiling water, let it stand 3 minutes, then drain on a sieve and rinse off with cold water; return the meat to the saucepan, cover with boiling water; add 2 even tablespoonfuls salt, 1 even teaspoonful white pepper, and 4 medium-sized onions, cover and boil till the meat is tender, about 1 hour. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour and 1 tablespoonful curry powder, stir and cook 2 minutes; add the broth from the lamb, cook and stir till the sauce is smooth; then strain it into a clean saucepan. Mix the yolks of 2 eggs with 2 tablespoonfuls of lemon juice, add it slowly to the sauce; lay the meat on a hot dish and pour the sauce over it; garnish with a border of boiled rice. In place of fresh meat cold cooked lamb may be used.

Lamb Croquettes.—Place a saucepan with 2 ounces butter and 1 fine-chopped onion over the fire, cook 5 minutes; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1 cupful boiling milk, a small bouquet, 1 even teaspoonful salt, ½ even teaspoonful white pepper, cook 5 minutes; remove the bouquet, add 1 pint of finely minced cooked lamb, ½ cupful fine-minced mushrooms, and ½ tablespoonful fine-minced parsley, cook 10 minutes; add the yolks of 3 eggs, turn the mixture into a shallow tin pan, and set aside to cool. When ready to cook, form the preparation into cork-shaped croquettes, dip them in beaten egg, then roll in grated bread crumbs and fry in hot fat to a delicate brown. Serve with béchamel sauce.

Hash Balls of Cold Lamb or Mutton.—Chop or grind fine some cold cooked lamb; add to 1 pint of meat 1 pint mashed potatoes, or grated cold boiled potatoes. Place a small saucepan with 1 tablespoonful butter and 1 fine-chopped onion over the fire, stir and cook a few minutes, then add it to the meat and potatoes; season with 1 teaspoonful salt, ½ teaspoonful white pepper, add 1 egg; mix all well together, and form the mixture into round balls the size of an egg, flatten them to ¼ inch in thickness, dip in beaten egg, and roll in fresh grated bread crumbs. Place a frying pan with 1 tablespoonful lard or drippings over the fire; put in the balls and fry them light brown on both sides. Serve on a hot dish with stewed tomatoes, tomato, mushroom, or horseradish sauce.

PORK.

Roasted Pig.—The principal thing in roasting a suckling pig is to keep the skin from blistering. Have the young animal well washed and dried, season the inside with 1 even tablespoonful salt and ½ even teaspoonful pepper, then stuff it with sausage, oyster, or chestnut forcemeat, sew it up. Lay the little pig in a large roasting pan, bend the fore feet backward, the hind feet foreward, under and close to the body, then skewer them into proper position. Pour 1 cup boiling water into the bottom of pan, cover the entire animal with buttered paper, place in a medium-hot oven, baste frequently with its own gravy, removing and replacing the paper each time; roast about 2 hours. (The skin should be crispy, and of a fine golden color.) When ready to serve, place the pig on a warm dish in the same position it lay in the pan, removing the skewers. Take 2 well-cleaned horseradish roots, shave them with a knife into narrow ribbons, color half of them to a delicate pink, and leave the other half white; put a little of the horseradish in its mouth, and lay the remaining around it. (In carving, cut off the head, split down the back, take off hams and shoulder, and divide the ribs; serve to each person some of the dressing.) Remove the fat from the gravy, mix 1 tablespoonful cornstarch with ½ cupful cold water,

add it to the gravy, stir and cook 2 minutes; add sufficient boiling water to make a creamy sauce, boil 3 minutes, then strain and serve.

Suckling Pig with Apple Dressing.—Season the inside of a well-cleaned suckling pig with 1 even tablespoonful salt, let stand 1 hour; then fill with apple dressing, described below; sew up, tie with strings, so that it rests on its 4 legs, or skewer them into proper position. Lay the little animal in a large roasting pan, pour 1 cupful boiling water into the pan; cover the entire pig with buttered paper; place the pan in a medium-hot oven, baste frequently, replacing the paper each time, roast about 2 hours. When ready to serve, lay the pig on a warm dish, remove strings or skewers and put a small red apple in its mouth, and garnish with apple timbales, prepared as follows: Peel and core 12 small sound red apples, lay them in cold water, with the juice of 1 lemon; put the peel and core of the apples in a saucepan, cover with 3 pints water, and boil tender, then strain through cheese cloth. Put the apple liquid in a wide saucepan, place it over the fire; as soon as it boils put in as many apples as will conveniently go in, cook until a straw will penetrate easily through them, then remove carefully; when all are boiled in this way set aside to cool. Strain the liquid through a napkin and measure it (there should be 3 pints; if not, add sufficient water to make up the deficiency). Soak 2 ounces of gelatin for a few minutes in cold water, then add it to the apple liquid; add 2 cupfuls sugar, 1 tablespoonful lemon juice, boil 3 minutes; strain again through a napkin. Take 12 timbale forms large enough to hold a half pint, place them in a pan of cracked ice; when the jelly is cold, pour 2 tablespoonfuls jelly into each timbale form; let it stand till firm, then put 1 apple into each form and fill with jelly; let them stand till cold, then unmold and set them in a circle around the little pig, and lay a few sprigs of water cress between the apples.

Apple Dressing.—Pare and cut into quarters 8 large greening apples, remove the core, place the apples in a saucepan over the fire,

add 1 cupful cold water, cover and cook till tender, but not broken; then remove, and when cold add 4 ounces baker's bread picked into small pieces without the rind and dried for 5 minutes in the oven; add 1½ tablespoonful sugar, ½ ounce butter, and 2 eggs; mix all together, and use as directed above.

Roasted Pig with Oyster Forcemeat.—Roast the pig as above, and fill it with oyster forcemeat, then decorate with fried oysters and parsley.

Weissauer.—Procure from a pork store 2½ pounds trimmings from fresh pork, wash and wipe dry, season with 1 tablespoonful seasoning salt. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir a few minutes; then add ½ pint boiling water, cook 2 minutes; add 1 pint vinegar, ½ tablespoonful sugar, 2 onions with 3 cloves stuck into each one, 1 bay leaf, and 12 whole peppers, cook a few minutes; then add the meat, cover and cook till tender. When ready to serve lay the meat on a warm dish and strain the sauce over it.

Roasted Loin of Pork.—Select a loin of pork from a young pig with the rind; score the rind across ⅛ of an inch apart, season with 1 tablespoonful salt and ½ teaspoonful pepper, lay the pork in a roasting pan, place it in a medium-hot oven, roast till light brown, basting occasionally with its own gravy, then add ½ cupful boiling water, continue to roast and baste till nearly done, then turn the meat over, so the rind lays in the gravy, roast 10 minutes, then turn it again so the rind is on top, let it remain 5 minutes longer in the oven, then transfer the meat to a warm dish, remove the fat from gravy, mix 1 teaspoonful cornstarch with a little cold water, add it to the gravy, stir a few minutes over the fire, add sufficient boiling water to make a creamy sauce, strain and serve with the meat. Serve boiled potatoes, sweet potatoes, and apple sauce with this dish, or red cabbage à l'allemande, sauerkraut, or creamed Russian turnips, or either of the 2 following sauces.

Apple Sauce à l'Anglaise.—Peel and cut into quarters 6

greening apples, place in a saucepan, add ½ cupful water and a pinch of salt, cover and cook tender; add 1 tablespoonful sugar and rub the apples through a sieve into a clean saucepan; add 3 tablespoonfuls fresh grated horseradish, cook 4 minutes; then add 1 gill of orange juice, and serve with roast pork or pork chops.

Apple Cream Sauce.—Peel and cut 6 greening apples into quarters and place in a saucepan; add 1 gill of water, cover and cook till tender; add 1½ tablespoonful sugar, and rub through a sieve; add 3 tablespoonfuls fresh grated horseradish, return the sauce in saucepan to the fire, cook 4 minutes; remove and add 1 cupful whipped cream.

Fresh Ham à la Française.—Choose a small leg of pork, remove the upper skin, rub it all over with pepper and salt, put into a large bowl or jar with ½ bottle white wine, ½ cupful fine salad oil, and 6 sage leaves; let lay for 3 days and turn each day. When the pork is to be cooked take out, hook on to a spit, place before a bright fire, baste freely with the marinade in which the meat lay, and roast till done, which will take from 3 to 4 hours; or put the meat into a baking pan with the marinade and roast till tender, and finish as in foregoing recipe. When done lay the meat on a hot dish; remove the fat from the gravy, mix 1 teaspoonful cornstarch with a little cold water, add to the gravy, stir and cook on top the stove 3 minutes; add sufficient broth to make a creamy sauce, boil 3 minutes; then strain and serve with the ham.

Fresh Ham, Potted.—Select a leg of 7 pounds from a young pig, wipe it off with a damp cloth; rub 1 tablespoonful salt, and ½ teaspoonful pepper all over the ham, let it lay 1 hour. Place a saucepan large enough to receive the meat, with 4 ounces fine-cut larding pork over the fire, let fry light brown; then add 2 ounces butter and the ham, let cook until it has obtained a light brown all around, turning frequently; then add ½ pint of boiling water, 1 whole onion with 2 cloves stuck in it, and a few slices of carrots, cover and cook about 2½ hours, till tender (if the gravy should get too brown,

add more water, but a little at a time). Shortly before serving lay the ham on to a warm dish, remove the fat from gravy, mix 1 tablespoonful cornstarch with ½ cup cold water, add it to the gravy, stir and cook 2 minutes; add sufficient boiling water to make a creamy sauce, cook 3 minutes; then strain through a fine sieve and serve. A loin or shoulder of pork may be cooked in the same way.

Fresh Ham, Roasted.—Select a fresh ham with a thin rind, which indicates that the ham is of a young pig. Score the rind ¼ inch apart, season with 1 tablespoonful salt, 1 teaspoonful pepper. Place the ham in a roasting pan in a medium-hot oven, roast until light brown, basting often with its own gravy; then add ½ pint of boiling water, 2 slices of carrot, 1 onion with 2 cloves stuck in, roast and baste frequently till nearly done (allowing 20 minutes to a pound); turn the ham over with the rind side downward (if the gravy should cook away too much add more water, but a little at a time), roast 10 minutes; turn the rind side up and let remain 5 minutes longer in the oven. Transfer the ham to a hot dish; remove the fat from the gravy, mix ½ tablespoonful cornstarch with little cold water, add it to the gravy, stir and cook a few minutes; add sufficient boiling water or broth to make a creamy sauce; strain and serve with the meat. Serve with stewed prunes and Hanovarian pudding.

Hanovarian Pudding.—Sift 2 cups prepared flour into a bowl, add 2 ounces butter, rub the butter fine in the flour; mix 2 eggs with ½ pint milk, add it to the flour; add 2 tablespoonfuls sugar, the grated rind of ½ lemon, mix all into a thick batter; then add 1 cupful seedless raisins. Butter a pudding form, dust with bread crumbs, pour in the batter, close the form, and boil 1½ hour. When done turn the pudding on to a dish and serve with the meat. Or the ham may be served with mashed potatoes and turnips, or apple sauce, plain boiled potatoes, creamed cabbage, red cabbage, or sauerkraut.

Fresh Ham, Stuffed.—Choose a leg of fresh pork of 6 or 7 pounds in weight, remove the bone and stuff the leg with sausage forcemeat, bread filling, or apple dressing; sew up, score the skin across in narrow strips about $\frac{1}{4}$ inch apart, rub all over with salt and pepper. Place the ham in a roasting pan, and roast in a medium-hot oven till it begins to brown; then add $\frac{1}{2}$ pint boiling water, roasting and basting frequently till done, which will take about $2\frac{1}{2}$ hours. Shortly before serving lay the ham on a warm dish; remove the fat from gravy, mix $\frac{1}{2}$ tablespoonful cornstarch with a little cold water, add it to the gravy, stir for a few minutes over the fire; add sufficient boiling water to make a creamy sauce; strain and serve with the ham. Some stick a few cloves in the ham, and others sprinkle a little powdered sage over; but most people like it cooked plain.

Fresh Ham à la Marinière.—Wash a small leg of pork in cold water, lay it in a large stone jar. Boil 1 quart vinegar with 1 pint water, 1 tablespoonful whole pepper, the same of salt and sugar, 2 bay leaves, $\frac{1}{2}$ dozen cloves, 2 large onions cut into slices, and a bouquet. After 2 minutes' boiling set it off, and when cold pour it over the ham, let remain for 3 or 4 days, and turn each day. When to be prepared for cooking take it out, place in a large baking pan with the marinade in which the meat lay, and roast in a hot oven fully 3 hours, till done; basting should not be neglected. When the ham is done lay on a warm dish; remove the fat from gravy, mix 1 tablespoonful cornstarch with $\frac{1}{2}$ cup cold water, add it to the gravy, stir and cook 2 minutes on top the stove (if too thick add a little boiling water), strain and serve.

Corned Ham, Boiled.—Choose a small plump ham which has been 1 week in the brine, let it lay 3 or 4 hours in cold water; place in a kettle, cover with fresh cold water, bring quickly to a boil; then let simmer slowly till done. (Allow $2\frac{1}{2}$ hours after the water boils for a leg of 8 pounds.) Carrots, turnips, or parsnips may be boiled with the pork. In serving, some of the vegetables

should be laid around the ham as a garnish. Sauerkraut boiled separately is a nice accompaniment to this dish; also cauliflower or creamed cabbage may be served with it.

Pork Chops, Fried.—Choose 6 chops from the loin, have them cut thin; trim neatly, season with 1 even tablespoonful seasoning salt, dust with flour, beat 1 egg until light, dip each chop in the egg, then cover with fine bread crumbs. When all are prepared in this way, place a frying pan with 1 tablespoonful lard over the fire; as soon as hot put in the chops, fry light brown on both sides and well done; transfer the chops to a hot dish and serve with boiled, fried, or mashed potatoes. Apples cut into thick slices, then fried in the pork gravy, and laid around the dish or on top the chops as a garnish, is an improvement to this dish. If these chops are served for dinner, creamed string beans and mashed potatoes may be served with them. Pork chops may be fried without the egg and bread crumbs, also a little powdered sage may be sprinkled over if liked.

Pork Chops, Broiled.—Cut 6 chops from a delicate loin of pork, trim nicely, brush over with a little melted butter; lay the chops on a hot broiler, and broil from 10 to 12 minutes, till done. In the meantime stir 1 ounce butter to a cream, add 1 teaspoonful seasoning salt, mix well together; lay the chops on a hot dish, spread over the butter on both sides, and serve with baked or fried potatoes.

Shoulder of Fresh Pork, Roasted.—Prepare and roast the same as fresh ham. The bone may be removed and stuffed the same as fresh ham.

Pork Potpie.—Take 2 pounds of fresh pork off the shin, crack the bones, and cut the meat into 2-inch-sized pieces; pare 6 medium-sized potatoes, and cut each one into 2 pieces; cut 2 onions into slices. Prepare a crust of $^1/_2$ pound of lard, 1 teaspoonful salt, 1 pound flour, and 1 cup cold water; cover the bottom of a large saucepan with a layer of the meat, then a layer of potatoes, season

with salt and pepper, add some of the onions and a small piece of butter; lay over this 4 pieces of crust the size of a chicken egg; put in the remaining meat, potatoes, onions, seasoning, and a little butter, put over a layer of crust, with an opening in the center. One hour before serving, pour sufficient boiling water into saucepan to cover the pie; close it tightly and boil 1 hour. When ready to serve, remove the upper crust carefully, lay it as a border on an oblong dish, and put the meat and potatoes in the center.

Pork Stew.—Any part of the pig will do for this; cut the meat into pieces $1\frac{1}{2}$ inch square, or if pig's feet are used, crack the bones in 3 or 4 places; put into a saucepan with sufficient boiling water to cover, add 1 or 2 onions, the necessary salt, and stew till done. Half an hour before serving, add some potatoes cut into quarters, and 6 minutes before serving drop some small dumplings into the stew prepared of 1 cup prepared flour, 1 egg, 1 teaspoonful butter, and mixed with water to a stiff dough (this will make 9 dumplings); lastly, add some fine-chopped parsley, but do not allow the stew to boil with the parsley. Serve on a warm dish. Pork stew is an economical dish, and very nice if not too fat. Lean salt pork may be taken in place of fresh, but it should then be placed over the fire with cold water, and if too salty, the first water, after having boiled a few minutes, should be drained off and the meat covered again with fresh water.

Pork Stew with Sweet Potatoes.—Procure $2\frac{1}{2}$ pounds of fresh pork off the loin, cut it into 2-inch pieces, wash in cold water, place in a saucepan over the fire, cover with boiling water; add 1 tablespoonful salt, $\frac{1}{2}$ teaspoonful white pepper, and 3 medium-sized onions, cover and cook 40 minutes; then add 4 medium-sized sweet potatoes, previously peeled and cut in half lengthwise. Shortly before serving, melt $\frac{1}{2}$ tablespoonful butter in a small saucepan, add $\frac{1}{2}$ tablespoonful flour, stir and cook a few minutes; then add it to the stew, cook for a few minutes longer. Serve on an oblong dish, laying the potatoes in a circle around it.

Sausages, Fried.—Put 2 pounds sausages in a saucepan, cover with boiling water, let stand 1 minute only; then remove and wipe dry. Place a frying pan with 1 tablespoonful butter or lard over the fire; as soon as hot put in the sausages, fry light brown on both sides, serve on a warm dish. Another way is to roll the sausages in flour, dip into beaten egg, roll in bread crumbs, fry in hot fat to a fine golden color, and serve.

Frankfürter Sausages.—Put the sausages in a saucepan of boiling water, draw the saucepan to side of stove, and let them remain 10 minutes without boiling; then serve.

Larded Pork Tenderloin, Roasted.—Select 3 nice large pork tenderloins, wash and wipe them dry, lard each with 2 rows of fine strips of larding pork, season with 1 teaspoonful salt, $^1/_4$ teaspoonful pepper. Place in a roasting pan, add 1 onion cut into slices and 1 small sliced carrot, and pour 1 tablespoonful melted butter over each tenderloin. Place the pan in a hot oven to roast, baste well with their own gravy; as soon as they begin to brown, add a little boiling water to keep them from burning, roasting and basting often till done, which will take about 45 minutes. When done, lay the tenderloins on a warm dish; add $^1/_2$ tablespoonful cornstarch dissolved in 1 gill of cold water to the gravy, stir and cook 2 minutes; add sufficient boiling water to make a creamy sauce, cook a few minutes longer, then strain through a fine sieve. Pour a little of the sauce over the tenderloins, and serve the remainder in a sauce bowl. Garnish the tenderloins with a border of red cabbage à l'allemande and potatoes tortonia, or plain boiled potatoes.

Tenderloin à la Jardinière.—Prepare and roast 3 tenderloins as in foregoing recipe. Cut 2 medium-sized well-cleaned carrots into slices, lay 4 slices over one another, and cut them into fine strips like straws; place these in a saucepan, cover with boiling water, add $^1/_2$ tablespoonful sugar; place the saucepan over the fire, and cook till tender and nearly dry. Open a can of French peas, drain in a colander, and rinse with cold water; place them in a sauce-

pan over the fire, barely covered with boiling water, add 1 teaspoonful sugar, and cook 10 minutes; then add them to the carrots, add 1 even teaspoonful salt, cook 3 minutes. Mix 1 tablespoonful butter with 1 teaspoonful cornstarch, add it to the peas and carrots, cook and stir 3 minutes; then add 1 tablespoonful fine-chopped parsley; instantly remove from the fire, lay the tenderloins on a warm dish, and arrange the vegetables in a circle around the dish. Or arrange in clusters around the dish 1 pint of cooked carrot balls, 1 pint of cooked Parisienne potatoes, ½ pint small cooked white onions, and ½ pint of cooked green peas.

Tenderloin à la Marinière.—Lard 3 large pork tenderloins and season them with ½ tablespoonful salt, ¼ teaspoonful pepper, place in a covered dish with 1 pint white wine, ½ bay leaf, 1 onion with 2 cloves stuck into it, and 6 whole peppers; cover and let stand several hours. One hour before serving, take the tenderloins out and wipe them dry, lay in a roasting pan, pour over 1 ounce melted butter. Place the pan in a hot oven to roast till they begin to brown, basting with their own gravy; then add 1 cupful of the wine in which the tenderloins lay, also the onions and spice, and continue to roast and baste frequently until done (if the gravy browns too much add more of the wine). When done lay the tenderloins on a hot dish and garnish with a border of cooked sauerkraut and plain boiled potatoes, or with red cabbage, carrot, turnip, potato balls, and small glazed white onions.

Tenderloin à la Viennoise.—Procure 2 pounds short pork tenderloins, wash, dry, and lard them, season with 1 tablespoonful salt, 1 teaspoonful pepper; put in a covered dish with 2 onions cut into slices, 1 sprig of thyme, 1 bay leaf, and pour over 1 cupful white wine, cover and let stand 2 hours. One hour before serving, lay them in a roasting pan, pour over a little melted butter, add the wine in which the tenderloins lay, a few of the onion slices, and a small carrot; place the pan in a hot oven, baste frequently, and roast till tender. When done, transfer the tenderloin to a hot dish,

remove the fat from gravy, mix ½ tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, cook 3 minutes on top of stove; add sufficient boiling water to make a creamy sauce. Then strain, add 6 fine-chopped boiled chestnuts and a little beef extract, pour some of the gravy over the tenderloins, and serve the remainder in a sauce bowl.

Tenderloin Farci.—Split the pork tenderloins on one side, lay open on a board, season with salt and pepper, and cover with forcemeat; lay them together, shape again into their natural form, and fasten with small wooden skewers. Put in a baking pan with some butter, and roast in the oven till done, basting first with the butter, then adding by degrees a little water. When ready to be served, put the tenderloins on a heated dish, remove the skewers, add a little more boiling water to the gravy, and thicken it with 1 teaspoonful cornstarch, previously dissolved in ½ gill of cold water, cook 3 minutes; then strain, and serve with the meat. Serve with boiled potatoes, creamed turnips, and apple sauce.

Tenderloin, Fried.—Split the tenderloins, season with salt and pepper, dip them in beaten egg and fine bread crumbs, and fry in half butter and half lard to a nice brown color. The frying should be done slowly and the pan part of the time covered, for they should be well done, but not dried. Tenderloins may also be fried plain without eggs or bread; they are nice for breakfast with potatoes à la crême and hot corn bread.

Tenderloin, Broiled.—Split the tenderloins and season with salt and pepper, dip first into melted butter, then into fine bread crumbs; roll each piece separately in a piece of white buttered paper, bend the edges together, and broil them over a slow fire, first on one side, then on the other, and cover the gridiron with a tin pan while broiling (time for cooking, about 20 minutes). When done remove the paper, lay the tenderloins on a warm dish and pour a little melted butter over. Serve with tomato sauce and potato purée. Or lay the tenderloins on a dish, and sprinkle salt and

pepper, fine-minced onion, and fine-minced parsley all over them, and pour over some fine salad oil, letting them remain 1 hour or more. A half hour before serving roll them in buttered paper, and broil as above.

Short Pork Tenderloin.—Procure from the packing house 2½ pounds of short pork tenderloins, wash and wipe dry, season with salt and pepper. Place a saucepan with 2 ounces fine-cut larding pork over the fire, and fry light brown, add 1 ounce butter and the tenderloins, turning often till light brown; then add ½ pint of boiling water, 1 onion, and 1 small carrot, cover and cook about 1 hour, till done. Shortly before serving, lay the tenderloins on a hot dish, remove the fat from gravy, mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, cook 3 minutes; add sufficient boiling water to make a creamy sauce, strain, and serve with the tenderloin. Stewed peas and carrots with boiled or mashed potatoes may be served with this dish.

Spare Ribs, Filled and Baked.—Take 2 long pieces of spare ribs, wash and wipe them dry; season inside and outside with 1 tablespoonful salt, cover 1 piece with a dressing described below, lay the other over the dressing and sew together. Lay in a roasting pan, pour over 2 ounces melted butter, place in a hot oven, roast until light brown, basting the meat well with its own gravy; then add 1 cupful boiling water, roasting and basting about 1½ hour till done. When done lay the ribs on a warm dish, take out the threads; remove the fat from gravy, mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 2 minutes; add sufficient boiling water to make a creamy sauce, then strain and serve.

Apple Dressing.—Pare and quarter 6 large greening apples, remove the core, and place the apples in a saucepan over the fire, add 1 ounce butter, 1 tablespoonful sugar, 1 cupful raisins, 1 tablespoonful apple or currant jelly, cook 8 minutes over the fire; shake the saucepan, then remove, and when cold add 1 cupful fresh grated

bread crumbs and 1 egg; use as directed. (In place of this dressing, a forcemeat or bread dressing may be used.)

Spare Ribs with Sauerkraut.—Procure 3 pounds fresh spare ribs and wash them in cold water. Put 3 pints of sauerkraut in a saucepan, lay the spare ribs on top of the kraut, cover all with boiling water; place the saucepan over the fire, and cook slowly till done, which will take 1½ hour. Shortly before serving, lay the spare ribs on a warm dish, and add to the kraut 1 large grated raw potato, previously peeled and washed, cook 10 minutes; then serve with mashed potatoes.

Pigs' Tails with Sauerkraut.—Cooked the same as with spare ribs.

Potted Spare Ribs.—Take 3 pounds fresh spare ribs, wash and wipe dry; then season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Place a saucepan with ½ tablespoonful lard and ½ tablespoonful butter over the fire, put in the meat, and cook till the spare ribs begin to brown, turning often; add ½ cupful boiling water, cover and cook till done; if the water boils away, add more water (they require about 1 hour's cooking). When done transfer the ribs to a hot dish; remove the fat from gravy, mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 2 minutes, then add sufficient boiling water to make 1 pint of sauce; strain and serve with the meat. Serve with plain boiled potatoes, sweet potatoes, and apple sauce.

Pig's Tongue à la Jardinière.—Place 3 well-washed fresh pig's tongues in a saucepan, cover with boiling water, add 1 tablespoonful salt, 1 even teaspoonful pepper, 2 onions, a small carrot, and a bouquet, cover and boil till tender; take out the tongues, free them from the skin, and lay on a hot dish, garnishing with 1 pint cooked green peas and 1 pint of cooked carrot balls; sprinkle a little fine-chopped parsley over and serve.

Pig's Tongue Ragoût.—Prepared the same as calf's tongue ragoût. (See Calf's Tongue.)

Pickled Pig's Tongue.—Place 6 fresh well-washed pigs' tongues in a saucepan, cover with boiling water, add 2 even tablespoonfuls salt, 1 even tablespoonful pepper, 2 onions, and a bouquet, boil until tender; then take them out, remove the skin, trim neatly, and lay in a stone jar. Place a saucepan with 1 quart vinegar and 1 pint water over the fire, add 1 tablespoonful sugar, 12 whole peppers, 6 cloves, and 2 bay leaves, boil a few minutes; add 2 sliced onions to the tongue, pour the vinegar over, cover and set in a cool place. In serving cut the tongue lengthwise into thin slices. If salted tongues are to be used, soak them over night in cold water, changing the water twice during that time, and omitting the salt in boiling; otherwise treat the same as in foregoing recipe.

Pigs' Feet, Filled.—After the feet have been well cleaned, split them in two, and tie together again with tape. Boil them slowly in half water and vinegar, with a small bunch of thyme, some onions, a little piece of garlic, and some salt. When done (which will be in about 3 hours) take them out, and when cooled off a little, remove the tape, taking out the bones. Lay the bunches of meat on to a clean cloth, sprinkle with salt and pepper, and cover with forcemeat (see SAUSAGE FORCEMEAT); shape again into their natural form, brush over with beaten egg, and sprinkle with fine bread crumbs. Fry in half lard and half butter to a fine brown color; or, in place of egg, dip them into melted butter, sprinkle with bread crumbs, and broil on a hot broiler. Spare ribs may be dressed in the same way.

Pigs' Feet, Pickled.—Put 12 well-cleaned pigs' feet in a kettle covered with water, allowing $1\frac{1}{2}$ tablespoonful salt to 1 gallon of water, boil until tender. Put them in a stone jar while hot, and lay some slices of onion between them; then place a saucepan with 2 quarts of vinegar over the fire, add 1 quart water, 2 tablespoonfuls sugar, 1 tablespoonful whole peppers, $\frac{1}{2}$ dozen cloves, and 2 bay leaves, let this boil up, and pour it while hot over the feet. Pigs' feet prepared in this way may be served cold, or, split in two, rolled

in Indian meal and fried in hot fat; they may also be dipped into beaten egg and fine bread crumbs and then fried.

Pigs' Feet in Jelly.—Clean and wash the feet well, put them over the fire with boiling salt water, boil ½ hour; take out and rinse with cold water, pouring away the water in which they were boiled, and return the feet to same kettle again; cover with half vinegar and half water, adding to 1 gallon of liquor, 1 tablespoonful salt, 2 of sugar, 1 of whole peppers, 2 bay leaves, 1 teaspoonful whole cloves, 3 blades of mace, 1 teaspoonful thyme tied in a cloth, and 4 large onions cut into pieces. Boil until tender, then take them out, put in a stone jar, strain the liquor through a flannel jelly bag, and pour it hot over the feet; when cold tie the jars up and set in a cool, dry place. Pigs' feet prepared in this way are to be served cold for supper or lunch.

Pig's Head, Filled.—Cut a well-cleaned pig's head open on the under side, remove the bones without tearing the skin, spread it out on the table, season it inside and outside with salt and pepper, and fill it with veal or sausage forcemeat (see FORCEMEAT); put in first a layer of forcemeat, lay on this some strips of beef tongue and of larding pork, some slices of truffles, and mushrooms (if handy), some pieces of roasted pork or veal, and some pickles cut into strips; cover with forcemeat, and again lay the tongue and other ingredients over, and so on, until the head is filled. Sew it up, and cover the opening with a piece of skin cut from fresh pork, sewing it all around with thread. Wrap the head in a cloth, and bind or sew it firmly, then put into a large kettle with 4 calf's feet and the cracked bones from the head; cover with cold water, add salt, 2 onions, 2 bay leaves, a bunch of thyme, ½ dozen cloves, 1 dozen peppers, and 1 quart vinegar, and boil 3 hours. Remove from fire, letting it remain in the liquor till cold; then take the head out, remove the cloth and threads, take off the skin from the opening of the neck, wipe it dry, and cut 1 slice from the neck to show the forcemeat. Let the liquor get cold, remove the fat, and put over the fire

again, adding the beaten whites of 3 eggs mixed with the juice of 1 lemon, and then taste; if not sour enough, add more vinegar and boil 5 minutes; draw it from the fire, let it stand for 5 minutes; then strain through a napkin into a mold, and set aside to cool. When the head is to be served, place it on a large dish and garnish with the jelly and parsley.

Spare Ribs, Salted.—Rub the spare ribs all over with salt and let them lay for 3 or 4 days, turning them once or twice during that time. When they are to be dressed, wash well in cold water, put over the fire in a saucepan covered with cold water, boil slowly till done, which will take about 1½ hour. Any kind of vegetables may be boiled with them.

Head-cheese.—Split a small pig's head into two and wash it in cold water. Place the head with 2 well-cleaned pig's feet in a kettle over the fire, cover with cold water, add 1 tablespoonful salt, and as soon as it begins to boil add 3 onions, 1 carrot, a large bouquet, and 1 tablespoonful whole peppers, cover, and cook till the meat separates easily from the bone. When done take out the head and feet, remove the meat from the bones and chop it fine, seasoning with salt and pepper to taste. Remove every particle of fat from the broth, strain it into a clean saucepan, add the meat; place the saucepan over the fire, boil, while stirring constantly, 5 minutes, then pour it into molds or tin pans. When cold, turn the head-cheese out of the form, cut in slices, and serve; or dip the slices in egg and bread crumbs, and fry light brown. If the head-cheese is to be kept for a long time put it into a large stone jar, and cover with vinegar. (If the quantity is too large take ½ a pig's head, 1 pig's foot, and use half of all the ingredients.)

Head-cheese à l'Allemande.—Clean and wash a small pig's head, place it in a kettle with 2 calf's or pig's feet, cover with cold water, add 1 tablespoonful salt. Place the kettle over the fire, and as soon as it boils add 3 onions, with 3 cloves stuck into each one, 1 sliced carrot, 1 white turnip, a large bouquet, and 12 whole pep-

pers, cover, and cook till the meat separates from the bone; then take out the head and feet, remove all the meat and cut it into small square pieces, and season them with salt and pepper to taste. Strain the broth through a napkin, remove every particle of fat, return the broth in saucepan to the fire, reduce it by boiling to 3 pints, add vinegar enough to give it a nice sour taste. Beat the whites of 2 eggs to a stiff froth, add the juice of 1 lemon and ½ gill of cold water, add it to the above broth, cook 5 minutes; then draw it to side of stove, letting it stand 5 minutes. Lay a napkin in a sieve, set the sieve over a bowl, place the bowl in a vessel of hot water, then pour the jelly in the napkin. When the jelly has been strained in this way set aside to cool. Have ready a mold, pour in some jelly to cover the bottom, let it stand till cold; then lay in the bottom some slices of lemon freed from the pits and cut into quarters, some green pickles and beets cut into fancy shapes; over this lay the meat, pour over the jelly, and set aside in a cool place. Serve cold, cut into slices, with rémoulade sauce.

Scrapple.—Place a well-cleaned small pig's head in a kettle over the fire, add 1 pig's heartlets, cover with cold water, and as soon as it boils add 3 sliced onions and 1 carrot; add 1 heaping tablespoonful salt, 1 tablespoonful whole peppers, and a bouquet, cover and boil till tender. Place at the same time 1 pound well-washed barley in a saucepan over the fire, cover with cold water, and when boiling add some of the pig's-head broth, and boil till tender. When all is done, take out the meat and heartlets, cut some of the fat off from the pig's head, and set it aside to use for other purposes. Remove the meat from the bones, chop the meat and the heartlets fine and mix with the barley; season with salt, pepper, and thyme; put the mixture into a long dish and set in a cool place. Scrapple may be eaten cold, cut in slices; but it is mostly cut in slices and fried in butter, lard, or drippings; the slices may also be dipped into beaten egg, covered with bread crumbs, and fried light brown on both sides.

Lard.—Most of the lard now is adulterated with potato flour, water, salts, carbonate of soda, and caustic lime. We seldom get it pure; unless able to pay a high price to a reliable party or dealer it is better to buy the leaf lard and try it out. Strip off the skin and cut it into small pieces; put it in a large saucepan over a moderate fire, letting simmer slowly; stir from time to time until it is melted. If lard is to be kept for any length of time it must cook until done (this may be known by holding a ladle with boiling lard up a little above the saucepan; if the lard continues boiling in the ladle it is done, if not it must cook a little longer; but great care must be taken that the lard does not get a dark color; it should be perfectly white). Strain it into small jars holding from 3 to 5 pounds; when cold, tie either paper or bladder over the jars, and set on the cellar floor or in a cool place; it will keep for several months. The scraps should by no means be thrown away; they can be minced fine and used as lard in pie crust.

Pork to Pickle.—One hundred pounds of meat, 10 pounds of salt, ¼ pound saltpeter, 5 pounds sugar, 9 gallons of water. Mix saltpeter, 2 pounds sugar, and 2 pounds salt together; rub the meat all over with it and let it lay on a table or board in the cellar for 24 hours. Then pack it in a barrel, boil the water with the remaining salt and sugar until clear, and when cold pour it over the meat in the barrel.

COLD PORK.

How to utilize.

Pork Croquettes.—Chop cold roasted or fried fresh pork very fine; for 12 croquettes take 1 tablespoonful butter and 1 medium-sized fine-chopped onion; place the butter and onion in a small saucepan over the fire, and cook 5 minutes without browning; then add 1 heaping tablespoonful flour, stir and cook 2 minutes; add ½ pint white broth or boiling water with a little beef extract, add 1 even teaspoonful salt, ½ even teaspoonful white pepper, ½ teaspoonful dry English mustard, and 1 pint fine-chopped meat; stir and

cook 10 minutes; then add the yolks of 3 eggs and 1 tablespoonful fine-chopped parsley; turn the contents of saucepan on a flat dish or pan, set it in a cool place. When cold form the mixture into 12 cork-shaped croquettes, dip in beaten egg, roll in fresh-grated bread crumbs, and fry in hot fat to a delicate brown. Serve with tomato, béchamel, or Tartar sauce.

Minced Pork.—Chop fresh cooked pork very fine, and then measure it. Take for 1 pint of meat ½ tablespoonful butter, and ½ tablespoonful cornstarch. Melt the butter in a small saucepan, add the cornstarch, stir and cook a few minutes; then add 1 cup of milk, 1 even teaspoonful salt, ½ even teaspoonful pepper, stir and boil 2 minutes; the add then meat, cook 5 minutes; add lastly 1 tablespoonful lemon juice. Serve the meat on a hot dish, sprinkle over 1 tablespoonful chopped parsley; arrange a border of mashed potatoes, boiled rice, or nudles around it. It is also nice served on buttered toast with a poached egg on top of each piece.

Corned Ham boiled with Chicken.—Procure a nice plump chicken 3½ pounds in weight and a small corned ham of 6 pounds. Wash and place the ham in a kettle over the fire; cover with cold water. Clean, wash, and dry the chicken, season inside with 1 teaspoonful salt and a little pepper. Place ½ pound well-washed rice in a saucepan; cover with cold water, boil 10 minutes; drain and rinse off with fresh cold water. Place a saucepan with 1 tablespoonful butter and 2 tablespoonfuls fine-chopped onions over the fire, cook 5 minutes without browning; add the rice, season with ½ teaspoonful salt and a little pepper, stir and cook 3 minutes; fill the chicken with the rice, sew it up; as soon as the ham boils add the chicken and boil till tender; serve with cooked vegetables and cream sauce. If the onions are objected to they may be omitted.

Sour Stew of Cold Roasted Pork.—Cut the remnants of fresh cold cooked pork into 1-inch pieces, then weigh; for 2 pounds take 2 medium-sized sliced onions, 1 tablespoonful butter;

put the onions and butter in a saucepan over the fire, and cook 5 minutes without browning; then add 1 teaspoonful salt, ½ teaspoonful pepper, and 1 tablespoonful flour, stir and cook 3 minutes; then add ½ pint of vinegar, 1 pint boiling water, 1 bay leaf, 1 blade of mace, 12 whole peppers, and 2 tablespoonfuls of sugar, boil 5 minutes; add lastly the meat, cook slowly 20 minutes. Serve with farina dumplings, boiled nudles, or potato dumplings.

Ham Sandwiches, Plain.—Have the bread cut into thin slices; butter and lay some thin slices of cold ham between 2 slices of bread, and spread over the meat a little mustard.

Ham Sandwiches of Biscuits.—Cut a soda biscuit in two and spread with butter; chop cold boiled ham very fine, cover half of the biscuit with the chopped ham, place the other half over it so that the biscuit regains its original form, and serve for tea. Ham prepared thus will go a great way, and is much more convenient than when cut into slices. It is very nice for tea parties or picnics.

Ham Hash.—Mix 1 pound of fine-chopped or ground ham with 2 pints fine-chopped cold boiled potatoes. Melt ½ tablespoonful butter in a saucepan, add 2 tablespoonfuls fine-chopped onion, cook 5 minutes; add 1 tablespoonful flour, stir and cook 2 minutes; then add 1 cupful milk or meat broth, stir 2 minutes; season with ¼ teaspoonful pepper, add the ham and the potatoes, stir and cook 10 minutes; then serve.

Ham and Eggs.—Cut some thin slices of ham, taking care to have them of the same thickness in every part; cut off the rind, and, if the ham should be too hard and salty, put it in a saucepan of boiling water, cover tightly, and let it remain 15 minutes (but do not allow to boil). When ready for frying, take it out and wipe dry. Place a frying pan over the fire with a little butter or lard; when very hot put in the ham and fry quickly on both sides to a fine brown color. When done transfer to a heated dish, break the eggs into cups, slip them into the hot fat, and let them remain until the whites are delicately set; and while they are frying ladle a little

of the fat over them. Take up one at a time with a pancake turner, drain them for a minute from their greasy moisture, trim them neatly, and lay carefully on the slices of ham. If boiled ham is used, cut it into thin slices, fry quickly for 2 minutes in butter, transfer to a hot dish, and lay on each slice a fried or poached egg.

Remnants of Cold Ham, No. 1.—Mince any remnant of ham very fine; place a frying pan over the fire with a piece of butter, and when melted put in the ham, stirring until thoroughly heated through. Take for each cupful of minced ham 2 or 3 well-beaten eggs, and put over the ham, stirring until the eggs are done, which will be in 2 minutes, then serve on a warm dish for breakfast, tea, or lunch.

Remnants of Cold Ham, No. 2.—Chop remnants of boiled ham very fine; add to 1 pint of fine-chopped ham 2 eggs, 2 tablespoonfuls bread crumbs, $\frac{1}{4}$ teaspoonful white pepper; then cut 6 thin slices from a small loaf of bread, dip them in milk, lay the slices over one another, let them stand 5 minutes. Beat up 2 eggs, dip each slice into the beaten egg, then in grated bread crumbs, and cover with the ham mixture. Melt $\frac{1}{2}$ tablespoonful lard or drippings in a frying pan, add $\frac{1}{2}$ tablespoonful butter, and when hot put in the slices, frying light brown on both sides; then serve on a warm dish for breakfast, tea, or lunch.

Cold Potted Ham.—Grind or chop fine some cold boiled ham, add to every pound 2 ounces butter, 4 fine-minced anchovies previously soaked in cold water and freed from skin and bones, $\frac{1}{4}$ teaspoonful white pepper, $\frac{1}{4}$ teaspoonful grated garlic; mix all well together, and press the mixture into a small jar; pour $\frac{1}{2}$ ounce melted butter over and keep in a cool place. This is very nice for sandwiches or for stuffing eggs.

Cold Ham with Cream Sauce.—Chop remnants of cold ham fine, put it in a frying pan, and cover with milk; add a piece of butter mixed with a little cornstarch, stir until it boils, then pour over buttered toast, and serve.

Ham Pie.—Cut 1½ pound boiled ham and 1½ pound of cold roasted veal into small pieces. Prepare a forcemeat of ½ pound fine-chopped veal, ½ pound sausage meat, and ½ cup of fine-cut larding pork, season with salt and pepper, a little thyme, and 1 grated onion; also a few mushrooms stewed in butter, or truffles cut into slices, may be added. Line a deep pie dish with a rich crust, and cover the bottom with a layer of forcemeat, over this some of the ham and veal pieces, continuing until all is used up; let the last layer be forcemeat; sprinkle some fine-cut pork over it, and cover with crust. Make a slit crosswise in the center of the upper crust and bend the 4 corners backward, cut out 8 large leaves of paste and lay them around the edge of crust, baking 1 leaf separately, to cover the hole in the center, when the pie is done. Bake in a hot oven 1 hour. In the meantime prepare a sauce: Put in a saucepan a small tablespoonful flour, mix with 1½ cup cold water, add the yolks of 2 eggs, 1 tablespoonful butter cut into pieces, beat up well. Place the pan over the fire, stir constantly until just to the boiling point, then remove and keep warm in a vessel of hot water. When the pie is done, put a funnel in the hole of top crust, pour the sauce into the pie, let it remain in the oven for a few minutes with the door open, then serve. This pie may be served hot or cold.

Ham Pie with Macaroni.—Chop remnants of boiled ham fine, boil twice the quantity of macaroni in salted water, cut the boiled macaroni into 1-inch lengths. Place a saucepan over the fire with a piece of butter; add the ham, the macaroni, 3 or 4 tablespoonfuls grated cheese, ½ cup of milk or cream, and stir the whole well together. Make a rich pie crust, roll out twice as thick as for fruit pie for the top crust, and about the ordinary thickness for the lower. Line a pudding dish with the thinner crust and fill with dry peas; butter the edges of dish, so that the upper crust may be lifted without breaking; cover the mock pie with the thick crust, ornament the edge, and put it to bake in a hot oven. When done remove the top crust, turn out the peas, put in the macaroni mixture, cover again with the crust, and serve.

Ham with Nudles.—Prepare nudles from 2 eggs (see NUDLES), cut them into strips $\frac{1}{4}$ inch wide, boil in salted water, and drain through colander; mix them with 1 pound fine-minced boiled ham, 1 cup cream or milk, 3 eggs, a small grated onion, and a little nutmeg. Put the mixture into a pie dish, lay small pieces of butter on top, and bake about $\frac{1}{2}$ hour.

Ham Pudding.—One quarter pound Italian macaroni boiled in salted water and cut into pieces, $\frac{3}{4}$ pound fine-chopped boiled ham, 4 ounces grated Parmesan cheese, 3 ounces butter, the yolks and the whites of 6 eggs beaten separately. Mix all the ingredients well together, add lastly the beaten whites. Rub a tin form inside with butter, sprinkle with bread crumbs, fill it with the ham mixture, cover the form, and boil the pudding $1\frac{1}{2}$ hour. When done take off the cover, turn the pudding on to a warm plate, and serve with mushrooms, tomato or plain butter sauce. In place of ham, smoked beef or beef tongue may be used.

Ham Omelette.—One cup of fine-minced cold ham, 6 egg yolks and whites beaten separately, 6 teaspoonfuls cornstarch, $\frac{1}{2}$ pint of milk, $\frac{1}{4}$ teaspoonful salt, 1 tablespoonful melted butter, $\frac{1}{2}$ teaspoonful baking powder. Mix the yolks, salt, and butter well together, by degrees add the milk and cornstarch, then add this slowly to the beaten whites. Place an omelette pan with 1 tablespoonful butter over the fire; as soon as the butter is melted pour in half of the mixture; bake until light brown on the under side, then place the pan for a few minutes in a hot oven. Sprinkle $\frac{1}{2}$ of the ham over the surface, slip a broad-bladed knife under one side of the omelette, and double in half, inclosing the meat. Then upset the frying pan on a hot dish, treat the remaining mixture the same way, and serve.

Bacon, Fried.—Cut the bacon into thin slices, take off the rind, and pour boiling water over it, letting it remain 5 minutes; then take it out and wipe it dry. Place a frying pan over the fire; when hot put in the bacon, fry light brown on both sides, and serve.

Eggs may be fried in the bacon fat and put over the bacon. Calf's liver fried with bacon is also an excellent dish for breakfast.

Bacon, Boiled.—After the bacon is well washed place it over the fire with cold water and let it boil slowly till done. When ready to serve remove it to a heated dish and serve with boiled vegetables, or leave it in the liquor until cold. Serve cold cut in slices.

Bacon, Broiled.—Prepare the bacon as for frying and broil it over a clear fire.

Smoked Ham—How to boil.—Soak the ham over night. Next morning wash it in several waters, put it in a boiler, cover with cold water; bring it slowly to a boil, then draw the boiler to side of stove, and let it simmer gently till done, which will take for a large ham from 3 to 4 hours. (To ascertain if done, test it with a fork or larding needle; if it penetrates easily, it is done; if not, the boiling must be continued.) When done remove the boiler from the fire and let the ham remain in the liquor until cold; by this method the juice is kept in, and it will be found far superior to one taken out of the water hot. If the ham is smoked lightly and not very dry, it does not need to be soaked. Then take it out, remove the skin and black and rusty parts, and carve in thin slices. When ham is served cold it should be carved in very thin slices, arranged neatly on a dish, garnished with parsley, and served with mustard. Hard-boiled eggs freed from the shells and cut into halves are often served with cold ham; also potato salad, potatoes with parsley or butter sauce, string beans with cream sauce, or bean salad. Another nice way is to garnish the dish of ham with white and red aspic.

Champagne Ham.—Prepare the ham as in foregoing recipe; when done take it from the boiler, remove the skin, cut off all the black parts, and put it in a roasting pan with 1 quart champagne or white wine; baste freely and roast the ham for $\frac{1}{2}$ hour; then brush over the top of ham with beaten egg and cover it $\frac{1}{4}$ of an inch thick with fine bread crumbs which have been previously

mixed with 1 tablespoonful of brown sugar. Baste the top a little first, and after the crust has formed stop basting. Roast for ½ hour longer and serve with boiled vegetables. The gravy should be freed from fat and reduced by boiling, then strained, and served with the meat. In place of champagne or wine, cider may be used.

Ham in Burgundy.—Boil a well-cleaned and soaked ham for 3 hours in water with 4 onions, 2 bay leaves, 2 tablespoonfuls whole pepper, ½ dozen cloves, a bouquet, and 2 blades of mace. After that take it out, remove the skin, cut off all the black parts, and place it in a roasting pan. Melt 2 ounces butter in a saucepan, add 1 tablespoonful flour, stir, and cook 2 minutes; add 1 cup bouillon, 1 teaspoonful beef extract, 2 tablespoonfuls brown sugar, and 1 bottle Burgundy or red wine; boil 5 minutes, then pour it over the ham, put it to roast in a hot oven, baste freely, and roast 1 hour. Twenty minutes before serving cover the top of ham with a mixture of fine bread crumbs, brown sugar, and a pinch of cloves. Baste the top a little at first until the bread has formed a crust, then stop basting. When done remove the ham to a dish, skim and strain the sauce, add 1 tablespoonful currant jelly, and serve with the ham.

Ham with Cumberland Sauce.—Soak a smoked ham over night; next morning wash and brush it with a stiff brush, cut off all the black parts, saw a small end of about 2 inches from the knuckle, and after the ham has been thoroughly cleaned and washed, wrap it tightly in a clean cloth and bind it firmly with a strong string. Place it in a boiler over the fire, cover with cold water, add 3 onions, 6 cloves, a bouquet, and 2 bay leaves; boil slowly from 3 to 4 hours. When the ham is done take it from the boiler, remove the cloth, and take off the skin, except a round piece around the knuckle, which is cut out in small scallops; cut also some of the fat off, then place it in a double roasting pan, not much larger than the ham; add 1 cup strong bouillon (or dissolve 1 teaspoonful beef extract in 1 cup boiling water), add 2 cups white wine, cover tightly

and stew slowly for ½ hour, basting frequently; or place the pan in the oven. When done, transfer the ham to a warm dish, set it a few minutes in the front of oven, and brush it over with glaze. For the sauce: Take 1 bitter orange and one sweet orange, a small cup of currant jelly, 1½ cup claret, 3 pieces of lump sugar, and 2 teaspoonfuls English mustard. Pare the bitter orange very thin, and boil the peel 15 minutes in water, take it out and cut as fine as possible. Rub with the sugar the yellow skin from the sweet orange, squeeze half the juice from the oranges over the sugar, and pound it fine. Mix the jelly, mustard, and sugar together, so that the ingredients are well blended, then add by degrees the wine, and lastly the orange peel; serve with the ham. Cold boiled ham cut into thin slices arranged nicely on an oval-shaped dish, garnished with a border of fine-chopped aspic and some Cumberland sauce poured over the slices of ham, is a pretty dish for supper or lunch and one that is well worth the trouble to make.

Ham, Broiled.—Have the ham cut into slices ½ inch thick, cut off the rind and place the slices on a hot broiler; broil over a moderate fire on both sides light brown; remove to a hot dish, spread a little butter over each slice, and serve. If the ham is very salty it is best to lay it in boiling water for 15 minutes, changing the water twice during that time, then wipe it dry and broil the same way; or the ham may be cut thin and broiled 3 minutes on each side; but most people prefer the ham cut thick for broiling.

Ham, Fried.—Cut thin slices from a nice smoked ham, trim it neatly, place a frying pan over the fire, with ½ tablespoonful butter; when hot put in the ham, fry a few minutes on both sides. Remove and lay the ham on a hot dish, add a little boiling water to the gravy, and pour it over. In case the ham is too salty, lay the slices for 10 minutes in boiling water, then remove, dry it on a towel. Fry the same as above.

POULTRY.

How to choose Poultry.—In choosing poultry the age of the bird is the principal thing to be attended too; the best chickens are plump on the breast, fat on the back, with smooth yellow legs, tender skin, and the lower part of the breast bone soft and pliable. A young turkey is known by its short spurs, black and smooth legs. The age of a young duck may be ascertained by taking hold of the foot and tearing the skin between the toes; if the skin tears, the duck is young; if not, it is old. Geese may be known by taking the windpipe between 2 fingers and pressing it; if young, a low crackling sound will be heard; also, if the thumb will easily press through the skin under the wing, the goose is young, otherwise old. All poultry should hang at least from 24 to 48 hours in a cool place after they are killed before cooking.

How to kill Poultry.—The killing of chicken and turkey is done either by chopping off the head, by cutting the artery on the neck, or by cutting the throat with a sharp knife. After it is killed, hang it up by the feet, and as soon as the bleeding stops, pick off the feathers while yet warm; then singe them either over burning alcohol, over a gaslight, or over burning paper. Geese and ducks are killed by taking the fowl under the left arm, holding the bill in the left hand, then stabbing it on top the head, having a sharp-pointed knife in the right hand; holding the fowl in that position, letting the blood run into a vessel to which a little vinegar is added to keep it from clogging; when the blood stops running, hold a red-hot iron for a minute on the place where it has been stabbed; this is done to prevent any blood dripping on the feathers; the feathers

are then carefully picked off, and the fowl singed and drawn. The feathers from geese, ducks, prairie hens, pigeons, and birds of all kinds are always picked off dry. Chickens are often scalded in boiling water; the feathers can then easily be removed, but they are far inferior to the dry-picked chickens.

Drawing Poultry.—Cut off the feet at the first joint, then the head and half the neck; next cut the skin on the back of the neck down to the back of the wing; detach the skin from the neck, draw the skin down over the breast; cut off the remainder of the neck close to the body; remove the crop and windpipe; break with the forefinger the ligaments that hold the internal organs to the breastbone; then cut an opening below the breastbone down to the vent; put the hand in the opening, carefully work the hand slowly around until the top of the breastbone is reached, and draw out all the organs at once; close to the ribs will be found a soft pinky substance, called lungs or lights; these should also be removed; then cut out the vent and the oil bag on the tail; carefully examine if every particle of the organs, windpipe, and crop have been removed; then wash it quickly inside and outside with cold water. Never let poultry lie in water, the washing should not take longer than 2 minutes. (Poultry when soaked in water loses its flavor and nourishment; it should therefore not be allowed to lie in water at all.) Cut the gizzard open, remove the thick inside skin, and carefully remove the gall bag from the liver.

Chicken à la Créole.—Select a young plump chicken 3 pounds in weight; singe, draw, and wash it quickly in cold water; then cut it into 10 pieces; season with 1 even tablespoonful salt, and 1 even teaspoonful pepper; mix the chicken and seasoning well together. Place the feet for 1 minute in boiling water; then take them out, remove the skin, and place them with the giblets and neck over the fire; add $\frac{1}{2}$ teaspoonful salt and 1 quart cold water; as soon as it boils add 1 onion; cover and cook 1 hour. Place a saucepan with 2 ounces fine-cut larding pork over the fire, cook till

light brown; then add 1 ounce butter and 2 tablespoonfuls fine-cut onions, cook 3 minutes without browning; put in the chicken, cover and cook slowly 30 minutes, stirring occasionally. Melt 1 ounce butter in a small saucepan, add 1 tablespoonful flour; cook and stir 3 minutes; then add 1 pint of the giblet broth, cook 3 minutes; strain, add it to the chicken, and boil till tender. Five minutes before serving add the juice of ½ lemon, boil 3 minutes; add ½ cupful cream or 2 tablespoonfuls unsweetened condensed milk. In the meantime fry 6 small slices of bread in butter to a fine brown color; scald 6 tomatoes in boiling water, remove the skins, and cut each tomato in half; take each half separately in the hand and squeeze it lightly, so as to press out the water; then lay them in a baking pan; pour 1 ounce melted butter over the tomatoes; season with 1 even teaspoonful salt and ¼ teaspoonful pepper, place the pan in a hot oven and bake 10 minutes, basting frequently with their own gravy. When the chicken is done arrange it nicely on a warm dish, lay the fried bread and tomatoes in a circle around the dish, and serve.

Chicken Sauté.—Select a young chicken weighing from 2½ to 3 pounds; singe, draw, and wash it in cold water; cut it into 8 pieces. Put the feet for 1 minute into boiling water, then take them out and remove the skin; place them with the neck and giblets in a saucepan over the fire; cover with cold water; add ½ teaspoonful salt, and when it boils add a bouquet and 1 onion; cover and cook 1 hour; then strain the broth. Season the chicken with 1 even tablespoonful salt and 1 even teaspoonful pepper. Melt 2 ounces butter in a saucepan, put in the chicken pieces; cover, and cook over a moderate fire 20 minutes, turning the pieces frequently with a fork. Melt in a small saucepan ½ ounce butter, add ½ tablespoonful flour, stir and cook 3 minutes; then add ½ pint of the above giblet broth and 1 gill of mushroom liquor; boil 3 minutes and add it to the chicken; add 1 tablespoonful lemon juice, cover and cook till done. Serve with potato château and Brussels sprouts, or creamed corn.

Chicken à la Baltimore.—Procure a nice plump young chicken of 3 pounds, singe, draw, and wash it; cut it into 8 pieces; wipe them dry, and season with 1 even tablespoonful salt and 1 even teaspoonful pepper; rub the seasoning over each piece; then dust them with flour; have 1 well-beaten egg in a soupplate, dip each piece of chicken into the beaten egg, and roll in fresh grated bread crumbs; lay the chicken in a thickly buttered pan, pour over 1 ounce melted butter, cover with buttered paper; place the pan in a medium-hot oven and bake 45 minutes, or until done. Put the chicken feet for 1 minute into boiling water; then take them out, remove the skin; put the feet, neck, and giblets in a saucepan, cover with cold water; add ½ teaspoonful salt; as soon as it boils add a small bouquet and 1 small onion; cover and cook 1 hour; then strain the broth. Melt 1 ounce butter in a saucepan; add 1 heaping tablespoonful flour, stir and cook 2 minutes; then add ¾ pint of the above-mentioned broth; season with ½ even teaspoonful salt, ¼ teaspoonful nutmeg; boil 5 minutes; then draw the saucepan to side of stove; mix the yolks of 2 eggs with ½ cupful cream, and add it slowly to the sauce; lastly, 1 tablespoonful lemon juice; strain the sauce on to a hot dish, lay the chicken pieces over the sauce, and garnish with mock oysters, prepared as follows: Put ½ pint of canned corn or fresh green corn cut from the cob in a bowl; add the yolks of 2 eggs, ¼ teaspoonful salt, 2 tablespoonfuls flour, and the whites beaten to a stiff froth; place a frying pan with ½ tablespoonful butter and the same of lard over the fire; when hot, put with a spoon small portions from the corn mixture into the hot fat, in the shape of an oyster; fry light brown on both sides; then lay them in a circle around the dish of the chicken, with slices of broiled bacon, and serve with potato purée.

Chicken Sauté à l'Hongroise.—Singe, draw, and wash a young chicken 3½ pounds in weight; cut it into 8 pieces; season with 1 even tablespoonful salt and 1 even teaspoonful pepper. Put the feet for 1 minute into boiling water, remove and free them from their skin and nails; then place the feet, neck, and giblets in

a saucepan, cover with cold water; add ½ teaspoonful salt; as soon as it boils add 1 medium-sized onion and a small bouquet; cover and cook 1 hour; strain the broth. Place a saucepan with 1½ ounces butter over the fire; add 1 fine-minced onion, cook 5 minutes without browning; then add the chicken; cover and cook gently 30 minutes; turn it often with a fork. Melt in a small saucepan 1 tablespoonful butter; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add 1 pint of the giblet broth, cook 5 minutes; then add the sauce to the chicken, continue to cook slowly till done. Ten minutes before serving remove the fat from the chicken gravy, add ½ cupful cream; cook 3 minutes. Arrange the chicken on a hot dish, strain the gravy over it, cut 4 slices of buttered toast into 3-cornered pieces, and lay them in a circle around the edge of dish; put small sprigs of green parsley between the pieces of toast; sprinkle 1 fine-chopped hard-boiled egg over the whole, and serve.

Chicken Fricassee à L'Américaine.—Cut a well-cleaned chicken of 3 or 4 pounds into 10 pieces; place them in a saucepan, cover with boiling water; add 4 ounces salt pork cut into slices, ½ tablespoonful salt, cover and boil till tender. Shortly before serving, mix 1 tablespoonful butter with 1 tablespoonful flour; add a little of the chicken broth to the butter and flour; then add it to the chicken, cook 10 minutes, and serve. Or lay 6 slices of toast on a hot dish, and pour the fricassee over it.

Chicken Fricassee à L'Allemande.—Clean, wash, and cut a nice plump chicken of 3 pounds into 8 pieces; season with 1 even tablespoonful salt, and 1 even teaspoonful pepper; place a saucepan with 2 ounces butter over the fire, put in the chicken; cover and cook 20 minutes, stirring the chicken several times during that time; add sufficient boiling water to cover the chicken, also 2 onions and a bouquet, and cook till tender. Twenty minutes before serving, melt 2 ounces butter in a saucepan, add 2 heaping tablespoonfuls flour, stir and cook 3 minutes; then add 1 quart of the

strained chicken broth and ½ pint of canned mushrooms, cook 10 minutes ; mix the yolk of 3 eggs with 2 tablespoonfuls lemon juice, and add it to the sauce ; add 3 tablespoonfuls cream ; remove from the fire ; arrange the chicken on a hot dish, pour over the sauce, and garnish with nudle timbales, or farina dumplings.

Chicken, Boned.—Singe, wash, and dry neatly a fine young plump chicken ; cut off the feet close to the first joint, also the wings ; cut off the neck close to the body ; then make an incision along the back, cutting the skin through to the bone ; begin boning from the neck down toward the breast, being careful not to tear the skin ; then bone the thighs and legs so that the skeleton is separated entirely from the meat. Clean the skeleton and giblets, then set aside. Spread the chicken out on a napkin, the skin toward the napkin, and with a sharp knife cut away even slices from the breast and lay them on the thin parts, so that the chicken has an even thickness all over ; draw the wings and legs inside ; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, and the juice of 1 lemon ; then prepare the following forcemeat : Mix 1 pound of fine-chopped veal with 1 pound fine-chopped fresh pork, ¼ pound of fine-minced larding pork, 1 even tablespoonful salt, 1 even teaspoonful white pepper, ¼ teaspoonful grated nutmeg, ¼ pound of beef tongue cut dice shape, ½ box truffles cut the same way, and 4 fine-cut mushrooms ; mix all well together ; place the forcemeat right in the center of the chicken, draw the 2 backs together, sew it up ; roll it in a napkin, and tie with a tape on both ends, and then in the middle. Place the bones and giblets of the chicken in a soup kettle over the fire ; cover with cold water ; add 1 even tablespoonful salt, and when it boils add the chicken, 2 onions, a bouquet, and a small carrot ; cover and cook 2 hours. When done remove the chicken, cut the strings, roll it over again and tie tightly on both ends as before, and put it under a light weight. (By putting it on a dish, cover with a board the size of the chicken, put on 2 flat irons, and let it remain till cold.) Strain the broth through

a napkin, remove all the fat; soak 2 ounces of Knox's gelatin in 1 cupful cold water 5 minutes, add it to 3 pints chicken broth; beat the whites of 2 eggs to a froth, add the juice of 2 lemons, stir it into the chicken broth, boil and stir constantly 5 minutes; draw to side of stove, let stand 5 minutes; then strain and put into a form. When ready to serve, cut the chicken into slices, arrange them neatly on a dish; cut the jelly into small pieces, and lay it around the meat. Serve with rémoulade sauce. The jelly may be put into shallow tin pans, and when firm cut into fancy shapes, like half moons, leaves, and stars.

Chicken Fricassee with Dumplings.—Cut a well-cleaned chicken of 3 or 4 pounds into 10 pieces and place in a saucepan; add 1 even tablespoonful salt, 1 even teaspoonful pepper, 2 onions, cover with boiling water, and cook till tender; then mix 1 tablespoonful flour with 1 ounce butter, and add it to the fricassee. Ten minutes before serving mix 1 pint of prepared flour with 1 teaspoonful butter, 1 gill of milk, 2 whole eggs and 1 yolk into a stiff batter; cut with a tablespoon small portions from the batter, drop them into the fricassee, cover and boil 6 minutes; then remove instantly the saucepan to side of stove, where they stop boiling. In serving arrange the chicken on a warm dish, and lay the dumplings in a circle around it. Sprinkle 1 tablespoonful fine-chopped parsley over the whole, and serve. The batter will make 12 good-sized dumplings.

Chicken Fricassee, Plain.—Cut a well-cleaned chicken of 3 or 4 pounds into 10 pieces; place in a saucepan, cover with boiling water; add 1 even tablespoonful salt; cover and cook till tender, which will take from 1 to 3 hours, according to the age of the chicken. Shortly before serving, mix 2 tablespoonfuls flour with 2 ounces butter to a paste; add a little of the chicken broth to the butter and flour; then add all to the fricassee, cook 10 minutes, and serve with mashed potatoes, creamed corn, succotash, or creamed beans.

Chicken Fricassee with Forcement Balls.—Cut a well-cleaned chicken of 3 or 4 pounds into 10 pieces; place in a saucepan; cover with boiling water; add 2 onions, a bouquet, 1 even tablespoonful salt, 1 even teaspoonful pepper; cover and cook till tender. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour; stir and cook 3 minutes; strain the broth from the chicken, add it to the flour and butter, cook 10 minutes; taste, and, if necessary, add more salt. Arrange the chicken on a hot dish, pour over the sauce, and lay small cooked veal or beef forcemeat balls in clusters around it.

Chicken with Rice.—After cleaning a chicken of 4 pounds cut it into 10 pieces and place in a saucepan; cover with boiling water, carefully remove any scum that rises; then add 1 tablespoonful salt, $\frac{1}{4}$ teaspoonful pepper, 2 onions, and a bouquet; cover and boil till half done. At the same time place $\frac{1}{2}$ pound well-washed rice in a saucepan, cover with boiling water, let it boil 5 minutes; then drain the rice in a sieve, rinse off with fresh boiling water; add the rice to the chicken, and boil gently till done. When ready to serve remove the bouquet, arrange the chicken and rice on a long dish, and serve.

Chicken Curry.—Clean, wash, and cut a nice plump chicken of $3\frac{1}{2}$ pounds into 10 pieces; place in a saucepan; cover with boiling water; add 1 tablespoonful salt, $\frac{1}{2}$ teaspoonful pepper, a bouquet, and 2 medium-sized white onions; cover and cook till tender. Then melt 2 ounces butter in a saucepan; add 2 tablespoonfuls flour, stir and cook 3 minutes; add 1 tablespoonful curry powder, mix it well with the butter and flour; then strain the chicken broth; add it to the butter and flour, stir and cook till smooth. Mix the yolks of 2 eggs with 1 tablespoonful lemon juice, add it to the sauce. Arrange the chicken on a hot dish; pour over the sauce, and lay a border of rice around it, or garnish with rice timbales.

Pillau of Chicken à l'Espagnole.—Divide a well-cleaned young chicken of $2\frac{1}{2}$ pounds into 10 parts; season with 1 even

tablespoonful salt; place a saucepan over the fire with 2 ounces butter, add 1 fine-chopped onion, ½ clove of bruised garlic, 1 fine-chopped green pepper without the seeds; cook 5 minutes without browning; put in the chicken, cover and cook 15 minutes, stirring it frequently; then add ½ pint of canned tomatoes, or 2 fresh tomatoes, 12 fine-cut canned mushrooms, and 1½ pint of white broth or boiling water. Set a saucepan with ½ pound of well-washed rice over the fire; cover with boiling water, and cook 5 minutes; then drain and rinse the rice off with cold water; add it to the chicken with a little saffron, and cook slowly till done. Shortly before serving, add ½ cupful grated Parmesan cheese, cook 2 minutes; then serve.

Chicken à la Crême.—Select a nice young chicken of 2½ pounds; clean and wash it; cut it into 10 pieces; season with 1 teaspoonful salt, ¼ teaspoonful white pepper; place with 1 ounce butter in a saucepan over the fire; add the juice of ½ lemon, cover and cook 10 minutes; then add 1 pint of boiling water and 1 onion, cook slowly till done; shortly before serving lay the chicken on a hot dish; remove the fat from the broth; mix ½ pint cream with the yolks of 3 eggs, and add it to the chicken broth; let it remain over the fire till nearly boiling, then remove and strain it over the chicken; garnish with rice timbales.

Fricassee de Poulets à la Toulouse.—Cut a fine, well-cleaned young chicken of 2½ or 3 pounds into 10 pieces; put them into a large saucepan of boiling water for 3 minutes; then drain in a colander and instantly plunge into cold water, letting them remain 5 minutes; take out the chicken, place it in a clean saucepan over the fire, cover with boiling water; add 1 tablespoonful salt, 2 white onions, and a bouquet, cover, and boil slowly till tender; drain off the broth and strain it. Melt 2 ounces butter in a saucepan, add 2 heaping tablespoonfuls flour, stir and cook 2 minutes; add the chicken broth and ½ can of mushrooms, cook 15 minutes; then take out the mushrooms, remove all the fat from the sauce; taste, if necessary add more salt. Mix the yolks of 3

eggs with ½ pint cream, add it slowly to the gravy, and lastly the juice of ½ lemon. Arrange the chicken on a hot dish, pour over the gravy, lay the mushrooms in clusters around it, and arrange with small croûtons in a circle around the dish with sprigs of curled parsley between them.

Chicken, Potted.—Select a fine young chicken of 3 or 4 pounds in weight; singe, draw, and wash it in cold water; wipe it dry; season with 1 tablespoonful salt, ½ teaspoonful pepper; rub the seasoning inside and outside all over the chicken, bend the wings backward, and tie a string around the body. Place a saucepan large enough to hold the chicken with 4 ounces fine-cut larding pork over the fire; fry light brown; then add 2 ounces butter and the chicken; turn the chicken frequently with a fork until it has obtained a light-brown color all around; then add ½ pint of giblet broth (described below); cover and cook slowly until done; if the gravy boils away add more broth, but only a little at a time. Shortly before serving lay the chicken on a warm dish; remove the string, and set it in a warm place. Take the giblets from the broth and chop them fine; remove the fat from the gravy. Mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 2 minutes; then add sufficient giblet broth to make a creamy sauce, cook 5 minutes; strain, and add the chopped giblets; garnish the chicken with bread croûtons, and serve with browned sweet potatoes, potato purée, and compote of apples.

Giblet Broth.—Put the chicken feet for 1 minute into boiling water; take them out, remove the skin and nails, and place them with the neck and giblets in a saucepan over the fire; cover with cold water; add ½ teaspoonful salt; when it boils, add 1 small onion, and boil 1 hour longer; then use as directed above. A good plan is to make 3 pints of soup of the giblets, and use either meat broth or water for the chicken. (See Giblet Soup.)

Chicken, Roasted.—Select a fine young and dry-picked chicken; singe, draw, and wash it in cold water, wipe it dry; season

with 1 even tablespoonful salt; bend the wings backward, put a skewer through the thigh and body, and place the chicken in a roasting pan; spread over it 1 ounce butter, and lay 3 thin slices of larding pork over the breast; set the pan in a medium-hot oven, and roast until the chicken has become of a fine brown color all over, basting frequently with its own gravy; then add ½ cupful giblet broth (mentioned below); continue the roasting and basting until the chicken is done; if the gravy gets too brown add a little more broth (care must be taken not to have the oven too hot). Place the chicken feet 1 minute in boiling water; remove the skin and nails, place the feet, neck, and giblets in a saucepan, cover with cold water; add ½ teaspoonful salt; when it boils add 1 onion, cover, and boil 1 hour; remove the skewer, and lay the chicken on a warm dish; take off the fat from the gravy; mix 1 tablespoonful corn-starch with 1 gill of cold water, and add it to the gravy, stir and cook 3 minutes; then strain; mash the boiled liver fine, add it to the sauce. Serve with stewed onions, mashed potatoes and turnips, or with creamed corn, browned sweet potatoes, and plain boiled or mashed potatoes. Another way is to serve all roasted poultry with potato, celery, or lettuce salad and compote.

Roasted Chicken with Giblet Forcemeat.—Prepare a chicken the same as for roast chicken with oyster forcemeat; then chop the raw giblets as fine as possible. Soak ½ pound stale baker's bread 10 minutes in cold water, inclose it in a napkin, and press the water out; place a saucepan with 1 ounce butter over the fire; add 1 fine-chopped onion; cook 5 minutes without browning; then add the bread, stir and cook 6 minutes; remove from the fire, and when cold add the chopped giblets, 2 whole eggs, 1 teaspoonful salt, ½ even teaspoonful pepper, ½ teaspoonful grated nutmeg, and 1 teaspooful thyme; mix all well together; fill the body and crop of the chicken, sew it up, truss it nicely; finish the same as in foregoing recipe.

Roast Chicken with Oyster Forcemeat.—Procure a nice plump chicken weighing from 3 to 4 pounds; singe, draw, and

wash it in cold water; wipe it dry with a towel; cut off the feet from the first joint of the leg, make an incision just under the thigh, and put the legs inside the chicken. Detach the skin as much as possible from the breast, and put a layer of oyster forcemeat (described below) over the breast under the loosened skin; fill the body with the same forcemeat. Sew the chicken up, truss it nicely, rub over it 1 even tablespoonful salt, spread over it 1 tablespoonful butter, and lay a few thin slices of larding pork over the breast; place the chicken in a roasting pan in a medium-hot oven; roast until it has obtained a fine brown color all over, turning and basting it frequently; then add ½ cupful broth from the giblets, which should be boiled in water, with 1 small onion and a little salt; continue to roast and baste till done. Shortly before serving lay the chicken on a hot dish, take out the threads and skewer, remove the fat from the gravy; mix ½ tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 3 minutes; add sufficient broth from the giblets to make a creamy sauce, boil 3 minutes; then strain, and serve.

Oyster Forcemeat.—One and a half cupful rolled crackers, 10 large oysters chopped fine, 1 cupful oyster liquor, the yolk of 1 egg, 1 whole egg, 1 even teaspoonful salt, ½ even teaspoonful pepper, 1 ounce melted butter, and ½ tablespoonful fine-chopped parsley; mix all together and use as directed.

Roasted Chicken with Bread Dressing.—Place a saucepan with 2 ounces butter over the fire; add 2 tablespoonfuls fine-minced onion; cook 5 minutes without browning; then add ½ pound of baker's bread previously soaked in cold water and pressed out; stir and cook 6 minutes; remove from fire; add 1 even teaspoonful salt, ¼ teaspoonful pepper, 1 teaspoonful thyme, and 2 eggs; mix all together; fill the chicken with this, and finish the same as in foregoing recipe. Another way is to remove the crust from a small loaf of stale bread and crumble the white part all up into small crumbs; season with 1 even teaspoonful salt, ½ even teaspoonful pepper,

1 teaspoonful thyme, 2 ounces melted butter, 1 egg, and 1 tablespoonful grated onion; mix all together and use. The grated onion may be omitted if the flavor is not liked. Chickens may be filled with sausage forcemeat, chestnut, or veal forcemeat.

Chicken in Casserole.—Cut a well-cleaned young chicken into 6 parts, season them with ½ tablespoonful salt and ½ teaspoonful pepper. Fry 2 ounces fine-cut fat pork till crisp; put half of the pork in a casserole, lay the chicken on top, pour the remaining pork over the chicken; clean and fry light brown in butter 12 small white onions, lay them on top the chicken; add 12 small potato balls and 1 dozen small, parboiled carrot balls; sprinkle a little salt over the potato balls, close the casserole tightly and place in a medium hot oven till the chicken is done, which will take from 45 to 60 minutes. Shortly before serving, take the chicken and vegetables out, pour the gravy into a saucepan, free it from all fat. Mix 1 tablespoonful cornstarch with a little cold water, add it to the gravy, stir and cook a few minutes; add 1½ cupfuls giblet broth (made from the giblets of the chicken), cook 5 minutes; add a little sugar, color, and strain through a fine sieve. Return chicken and vegetables to the casserole, pour over the gravy, cover and set the casserole for a few minutes in a hot oven. Serve in the casserole. Spring chicken may be put whole in the casserole, or cut in quarters. All kinds of birds and meats may be cooked in the casserole the same way. A piece of beef from the porterhouse 3 to 4 inches thick is excellent cooked in this way. The meat is freed from bone, tied into a round shape, and cooked and finished the same way as the chicken. If the meat is wanted rare it will take from 30 to 40 minutes, longer if wanted well done.

Paprika Chicken.—Cut 2 well-cleaned chickens of 2½ pounds each into 6 pieces each; season them with salt; cook 2 ounces butter with ½ cupful chopped onion 5 minutes without browning; add 1 teaspoonful paprika and the chicken; cover and cook 20 minutes, stirring often, then add 1 pint sour cream, cover

the saucepan tightly, and place it in a medium hot oven till the chicken is done. Shortly before serving, lay the chicken on a hot dish, free the gravy from fat, mix 1 tablespoonful cornstarch with ½ cupful cold water, add it to the gravy, stir and cook a few minutes; add sufficient giblet broth to make a creamy sauce, cook 5 minutes, and strain the sauce over the chicken and garnish with croûtons. One half pint of canned tomatoes may be added to the chicken while cooking. In place of cream, giblet broth may be added.

Smothered Chicken.—Truss a well-cleaned young chicken of 3½ pounds in weight, and season with salt and pepper. Fry 4 ounces fine-cut larding pork till straw color; add 1 tablespoonful butter and the chicken, turn often and let it brown on all sides; then add ½ pint giblet broth or boiling water and 1 onion, cover the saucepan tightly, place in the oven and cook till done; 10 minutes before serving lay the chicken on a hot dish, free the gravy from fat, add 1 tablespoonful dissolved cornstarch, stir and cook a few minutes; add sufficient broth or water, make a creamy sauce, cook till clear, strain, and serve with the chicken.

Fried Chicken with Hominy.—Mix in a double boiler 1 cupful hominy with 1 cupful cold water; add 4 cups of boiling water, 1 teaspoonful salt, and ½ tablespoonful lard or butter; cook 1 hour, then pour the hominy into shallow tin pans; when cold, turn the hominy out of pan on to a board, cut small diamond shapes from it, dip them first in flour, then in beaten egg, and last in bread crumbs; fry them in a basket in deep fat. Cut a young chicken into 6 or 8 pieces, season with salt and pepper, roll them in flour, and fry light brown in deep, hot fat; lay the chicken in a pan and finish cooking in the oven. Dress the hominy and chicken on a hot dish and serve with cream sauce.

Chicken Fillets.—How to prepare for Entrées.—Select young plump chickens, singe, draw, and wash them; remove the skin from the breasts so that the fillets lay bare; make an incision on

top the breastbone from end to end, then with a small knife cut off the entire breast from each side, including the small wing bone. Under each breast will be found a small fillet which is called the mignon; carefully remove it, pare off with a small knife the thin white skin which covers the fillets and mignon, lay them in a buttered pan, cover with buttered paper, and set in a cool place till wanted.

Chicken Fillets à la Toulouse.—Remove the breasts from 3 young plump chickens as directed in foregoing recipe. Mix 1 tablespoonful salt with ½ teaspoonful white pepper, distribute it evenly over the fillets and mignons; make 6 slanting incisions on top of each mignon, then cut 4 truffles into slices, cut each slice into 3 strips; insert in each incision of the mignon a strip of truffle; lay 1 mignon on top of each fillet lengthwise. Place a pan large enough to hold the fillets with 4 ounces of butter over the fire; as soon as melted remove it, put in the fillets, and baste them with the melted butter; then cover with buttered paper, place the pan in a medium-hot oven, and bake about 15 minutes. In the meantime place a saucepan with 2 tablespoonfuls fine-chopped onion and 1 ounce butter over the fire, cook 5 minutes; add 1 heaping tablespoonful flour, stir, and cook 3 minutes; add 1 pint chicken broth prepared from the carcasses of the chickens and 1 even tablespoonful salt, 12 whole peppers, and 1 bay leaf; cook slowly 10 minutes; then strain into a clean saucepan, add ½ gill of white wine, 2 fine-sliced truffles, cook 3 minutes; then mix the yolks of 2 eggs with 1 tablespoonful lemon juice, add it to the sauce, also ½ ounce butter, stir for 1 minute. Pour the sauce on a warm dish and arrange the fillets over them.

Chicken Fillet, Supreme.—Prepare the breasts of 3 fine young chickens as previously directed; season the fillets and mingnons with 1 tablespoonful salt, ½ teaspoonful white pepper evenly distributed, lay the small fillets in the form of a boat on top the larger fillet, lay them in a buttered pan, pour over 4 ounces melted butter, cover with buttered paper, and set aside in a cool place.

Prepare a fine chicken forcemeat of the breast from 1 chicken, butter a border form, put in the forcemeat, and place it also in a cool place. Thirty minutes before serving set the border form in a pan of hot water so that the water reaches half way up the form, cover with buttered paper, and place the pan in a hot oven; bake 25 minutes. Twenty minutes before serving place the pan with the fillets in a medium-hot oven and bake from 10 to 15 minutes, basting frequently. At the same time prepare the supreme sauce as follows: Place at the beginning the carcasses of the chickens in a saucepan, cover with cold water (reserving the legs and second joints for other purposes), add 1 tablespoonful salt; when boiling add 2 onions and a bouquet and boil 2 hours longer, then strain, and use the broth for soup and sauces. Melt 1 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add 1½ cupful chicken broth, cook 5 minutes; add 1½ gill of cream, ½ ounce butter, ½ even teaspoonful salt, cook 2 minutes, strain, and add 1 tablespoonful lemon juice. When ready to serve pour the butter from the fillets and a few spoonfuls supreme sauce over them, then turn the forcemeat border on to a hot dish, lay the fillets on top of it; add 3 fine-cut truffles to the sauce, return the sauce for a few minutes to the fire, then pour it inside the forcemeat border, and serve as an entrée.

Fillet of Chicken à la Maltaise.—Prepare the fillets of 3 fine young chickens as directed before; lay the large fillets on a board with the skin side downward; make an incision in center of each fillet and fill it with 1 tablespoonful chicken forcemeat; then sew it up. The forcemeat is prepared from the mignons; season the fillets with 1 tablespoonful salt and ½ teaspoonful white pepper; cut 2 truffles into 6 slices, dip them in white of egg, and lay 1 slice in the center of each fillet; put them in a buttered pan large enough to receive them; pour over 4 ounces melted butter; cover with buttered paper and set in a cool place. In the meantime prepare a rice border as follows: Place ½ pound well-washed rice in a saucepan over the fire; cover with cold water; cook 5 minutes;

drain in a sieve and rinse off with fresh cold water; return the rice to saucepan again, cover with 1 pint milk; add 1 even teaspoonful salt and cook till thick and tender; then add 1 ounce butter and the yolks of 3 eggs; butter a border form, put in the rice, and place it on a baking sheet in a hot oven; bake 10 minutes. Fifteen minutes before serving, place the pan with the fillets in a medium-hot oven and bake from 10 to 15 minutes, basting frequently. At the same time prepare the sauce: Melt 1 ounce butter in a saucepan; add 2 tablespoonfuls fine-chopped onion, 1 tablespoonful grated carrots, 1 ounce of fine-chopped cooked ham, and cook 5 minutes; then add 2 fine-chopped mushrooms and 1 heaping tablespoonful flour, stir and cook 3 minutes; add 1 pint of chicken broth, a small bouquet, ½ cupful mushroom liquor, 12 whole peppers, and cook 5 minutes; then remove the bouquet and cook 5 minutes longer; add 1 even teaspoonful salt; then strain. Cut 3 truffles into fine slices, place them in a small saucepan with 1 gill of Madeira or sherry wine over the fire, and cook 5 minutes; add this to the sauce, also ½ teaspoonful beef extract, and cook a few minutes longer. When ready to serve turn the rice on to a warm dish, pour a little of the sauce over each fillet; arrange them on top the rice; dress the wing of each fillet with a paper ruffle, and serve with the sauce in a sauce bowl.

Chicken Leg, Sauté.—Place a saucepan with 2 fine-chopped onions and 2 ounces butter over the fire, cook 5 minutes; season the legs and thighs of 3 chickens with 1 tablespoonful seasoning salt, add them to the onions and butter, cover and cook 30 minutes; then dust over 1 heaping tablespoonful flour, stir for a few minutes; add 1 pint of chicken or veal broth; cook slowly until the chicken legs are done; add the juice of ½ lemon; and last, add a few spoonfuls of cream, if handy; then serve on a hot dish; garnish with buttered toast or croûtons or with mashed potatoes.

Chicken Forcemeat.—Remove the breasts from 2 fine plump chickens weighing each about 3½ pounds; free them from the

skin and chop fine; add ½ pound fine-chopped suet, 2 even tablespoonfuls salt, 1 teaspoonful nutmeg. Place a saucepan with ½ pint of water over the fire; add 1 ounce butter; as soon as it boils add ½ pint of flour; stir and cook till it has formed into a smooth paste, and loosens itself from bottom of saucepan, then set aside. When cold put the chicken meat and the paste in a wooden chopping bowl; mix together; then take a potato masher and pound them fine, adding by degrees the yolks of 4 eggs and 1 whole egg. Place it in a cool place until wanted.

Chicken Soufflé.—Prepare a chicken forcemeat as directed in foregoing recipe; melt ½ ounce butter in a saucepan, add ½ tablespoonful flour; stir and cook 3 minutes; add ¾ cupful cream or milk, stir and cook 2 minutes; then set aside. When cold mix the sauce with the chicken forcemeat, add the yolks of 3 eggs and 3 whites beaten to a stiff froth. Butter a plain 2-quart-timbale form, lay around a piece of white buttered paper in the bottom, and dust the inside of form with flour; fill it with the forcemeat; set the form in a pan of hot water, cover with buttered paper; place it in a medium-hot oven, and bake 40 minutes. In the meantime prepare a chicken broth from the carcasses of the chickens (reserving the second joints and legs for other purposes). Melt 2 ounces butter in a saucepan; add 1½ tablespoonful flour, cook and stir 3 minutes; add 1 pint of chicken broth, 1 even teaspoonful salt, and cook 10 minutes; add ½ pint cream, cook 5 minutes; then strain the sauce. Trim and cut into round pieces 6 slices of boiled beef tongue; place them with 6 large and 6 small truffles in a saucepan over the fire; cover them with the sauce mentioned above, let them heat through. When ready to serve, turn the soufflé on to a warm dish; arrange the large truffles and tongue alternately in a circle on top the soufflé; cut the small truffles in half, and lay them close to the edge as a border. Serve the sauce in a sauce bowl with the soufflé.

Epigram of Chicken.—Remove the breasts from 2 young chickens, each weighing 2 pounds and prepare the fillets as di-

rected; then bone the thighs, stuff them with chicken forcemeat, and sew up; lay the thighs in a saucepan with 1 sliced onion, a bouquet, and a small carrot; cover with broth and cook 30 minutes; then remove, lay them under a light weight till cold. Place the fillets in a buttered pan, pour over 3 ounces butter; cover with buttered paper; place the pan in an oven, cook 15 minutes, basting frequently with the butter. When the thighs are cold dip them into beaten egg and bread crumbs; fry to a golden color in butter. Arrange them in a circle alternately with the fillets and decorate the wings. Fill the center with a chestnut ragoût, prepared as follows: Boil 18 large chestnuts in water 20 minutes, then take them out; remove the shell and the brown skin. Melt 1 ounce butter in a saucepan; add 1 tablespoonful flour and cook 3 minutes; add 1 pint of chicken broth, 1 even teaspoonful salt, cook 5 minutes; add the chestnuts and $\frac{1}{2}$ can of canned mushrooms, cook 10 minutes; then add 6 fine-sliced truffles, cook 3 minutes; mix the yolks of 3 eggs with $\frac{1}{2}$ cup cream, add it to the ragoût, and serve. (Do not let it boil after the yolks have been added.) In place of chestnuts, small chicken forcemeat balls may be boiled and added to the ragoût.

Chicken Ragoût.—Procure 2 fine young chickens each weighing $2\frac{1}{2}$ pounds, singe, draw, wash, and clean them; remove the breasts and second joints; free the joints from skin and bones, then cut these and the breasts into 2-inch pieces; mix 1 tablespoonful salt with $\frac{1}{2}$ teaspoonful pepper and sprinkle it over the chicken. Melt 4 ounces butter in a low saucepan, put in the chicken; cover and cook till done, turning it occasionally with a fork; then remove the chicken and put it into a clean saucepan; add to the gravy 2 tablespoonfuls fine-chopped onions, cook 5 minutes; then add 2 tablespoonfuls flour, stir and cook 3 minutes; add $1\frac{1}{2}$ pint of chicken broth, a bouquet, and 12 whole peppers, cook 5 minutes; strain into a clean saucepan; add $\frac{1}{2}$ cupful mushroom liquor, 18 small mushrooms, 6 truffles cut into slices, cook slowly 10 minutes; then mix the yolks of 3 eggs with $\frac{1}{2}$ pint of cream; draw the sauce-

pan to side of stove, add the cream and yolks, and last 2 tablespoonfuls lemon juice (do not let it boil again); then add the chicken to the sauce, and serve either in a vol-au-vent, rice, or nudle border. Or serve it in a hot dish and garnish with fleurons or croûtons. Chicken ragoûts are also used for filling large timbales. (For vol-au-vent, see my book Deserts and Salads, recipe 730.)

Large Chicken Timbale.—Prepare a chicken quenelle forcemeat from the breast of 1 large chicken; butter a 3-pint mold, decorate the bottom and sides with truffles and red beef tongue; fill it three quarters full with the forcemeat; press the forcemeat on the sides and bottom of form and fill the center with a chicken ragoût, prepare the same as in foregoing recipe, only making it thicker by not adding all the sauce; cover the timbale with the same forcemeat; set it in a pan of hot water; then cover with thick buttered paper, and place the timbale in a medium-hot oven, and bake 45 minutes. When done, turn the timbale on a warm dish, and serve with sauce à l'allemande.

Quenelles of Chicken à l'Allemande.—Prepare a fine chicken forcemeat of the breast of a 4-pound chicken as directed. Prepare also a salpicon à la Toulouse, put it on a flat dish, and set aside to cool. Form with 2 tablespoons dumplings in the following manner: Put 1 spoon in a small saucepan of boiling water, take the other spoon half full of forcemeat, then press it with the wet spoon to make a hollow in the center, put into this 1 teaspoonful of the prepared salpicon; spread over with a knife some forcemeat so that the salpicon is inclosed in the forcemeat; lift with the wet spoon the dumpling from the dry spoon, and lay it in a buttered sauté pan; when all are formed in this way, set them in a cool place. At the same time cut off the thighs and legs of the chicken and reserve them for other purposes. Put the well-cleaned feet, giblets, and the rest of the chicken in a saucepan, cover with cold water; add 1 teaspoonful salt, and when it boils, 1 onion and a bouquet; boil slowly 2 hours; then strain the broth through a fine

sieve. Fifteen minutes before serving, place the pan with the dumplings over the fire; pour through a funnel into the pan sufficient boiling water to cover the dumplings; add 1 teaspoonful salt, cover and let them simmer (not boil) for 10 minutes. Then prepare the sauce: Melt 1 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add ¾ pint of chicken broth, 1 even teaspoonful salt, ¼ teaspoonful nutmeg, ½ cupful mushroom liquor, 12 whole peppers; cook slowly 10 minutes; strain the sauce into a clean saucepan; mix the yolks of 2 eggs with ½ cupful cream, add it slowly to the sauce, stir often for a few minutes over the fire (not letting it boil); add last 1 tablespoonful lemon juice. When ready to serve, carefully remove the dumplings with a skimmer, lay them on a warm dish, pour over the sauce, and lay a border of boiled rice around it; then serve.

Spring Chicken, Broiled.—Select a nice pair of young spring chickens each one weighing 1¼ pound; singe and split them through the back; remove the insides; wash the chickens quickly in cold water and wipe dry with a towel; brush them over with melted butter, lay on a hot broiler over a moderate clear fire, and broil them light brown on both sides for about 25 minutes; turn the chickens 3 times during that time; when done, lay them on a hot dish. Mix 2 ounces butter with 1 even tablespoonful salt, ½ even teaspoonful pepper; spread this on both sides all over the chickens, garnish with water cress, and serve with Saratoga chips, or French fried potatoes, hot biscuits, buttered toast, or hot corn bread.

Spring Chicken broiled European Style.—Select a pair of spring chickens weighing together 2½ pounds; singe and split them through the back; mix 1 even tablespoonful salt with ½ even teaspoonful pepper; sprinkle this evenly over the chickens; bend the wings back, crack the bones between the first and second joints, flatten nicely, brush them over with melted butter, and cover with grated bread crumbs; place them in a double broiler, and broil 10

minutes on each side over a moderate fire. Serve on a warm dish, and garnish with potato château.

Spring Chickens, Hungarian Style.—Singe, draw, and wash 2 spring chickens weighing in all about 2½ pounds; cut each one into 6 pieces, season with 1 even tablespoonful salt, 1 even teaspoonful pepper. Place the giblets in a saucepan over the fire, cover with cold water; add ½ teaspoonful salt and when it begins to boil a small onion, a bouquet, and boil 40 minutes. Set a saucepan with 1 tablespoonful butter over the fire; add 2 tablespoonfuls fine-chopped onion, cook 5 minutes without browning; then put in the chicken, cover, and cook 10 minutes, turning the chicken twice with a fork. Melt 1 tablespoonful butter in a saucepan; add 1 tablespoonful flour, stir and cook 2 minutes; add ½ pint of the strained giblet broth and ½ pint of canned mushrooms, and cook 5 minutes; then add ½ cupful cream; pour the sauce over the chicken, and cook till tender. Shortly before serving add the juice of 1 lemon. Serve on a warm dish with 6 small slices of bread cut into round shape and fried brown in butter.

Spring Chickens, Devilled.—Split a pair of well-cleaned spring chickens through the back; season them with 1 even tablespoonful salt, 1 even teaspoonful pepper; crack the bones between the first and second joints and flatten them nicely; put in a roasting pan with 2 thin slices of larding pork over the breast of each chicken and pour 2 ounces melted butter over them; place the pan in a medium-hot oven, cover with buttered paper, and roast 20 minutes, basting frequently with their own gravy; then remove the paper, add 1 gill of boiling broth, and roast till the chickens are done, which will take in all about 40 minutes. Shortly before serving lay the chickens on a hot dish, remove part of the fat from the gravy, add ½ tablespoonful cornstarch to the gravy, stir and cook 3 minutes over the fire; then add 2 gills of broth from the giblets, stir and cook 3 minutes; strain, and serve with the chickens; or they may be served without sauce. Serve with French fried pota-

toes or baked potatoes. The giblets, the neck, and well-cleaned chicken feet are placed in a saucepan, covered with cold water, and seasoned with ½ teaspoonful salt and a small onion, cooked 40 minutes, then strained, and used as directed above.

Spring Chicken, Fried, No. 1.—Cut a pair of well-cleaned spring chickens into quarters; season each one with 1 even teaspoonful salt, and ½ even teaspoonful pepper. Place a frying pan with 2 ounces fine-cut pork over the fire, and fry light brown; add 1 ounce butter; put in the chickens, fry 5 minutes on each side over a moderate fire; then cover the pan, and cook till tender, which will take about 25 minutes. Place the neck, the giblets, and the well-cleaned feet in a saucepan over the fire; cover with cold water; add ½ teaspoonful salt and, when boiling, 1 small onion; cook 40 minutes, strain, and use for gravy. Lay the chickens, when done, on a hot dish; add to the gravy ½ tablespoonful cornstarch, stir and cook 3 minutes; then add ¾ pint of the giblet broth, cook 5 minutes; strain, and serve with the chickens; garnish with croûtons. Another way is to chop the giblets fine, add them to the gravy, lay the chickens on buttered toast, pour the gravy over them, sprinkle 1 fine-chopped hard-boiled egg over, and garnish with water cress or parsley.

Spring Chicken, Fried, No. 2.—Cut 1 or 2 well-cleaned spring chickens into quarters; wash them in cold water and wipe dry; season each one with 1 even teaspoonful salt, ¼ teaspoonful pepper; dust with flour and dip them in beaten egg, then cover with fine sifted bread crumbs. Place a frying pan with 1 ounce butter and 1 ounce lard over the fire; as soon as hot put in as many of the chicken quarters as will conveniently go into the pan; fry light brown on both sides over a moderate fire; continue until all are fried. Serve on a warm dish with toast or fried potatoes.

Boiled Chicken.—Procure a nice young chicken of 3 or 4 pounds; singe, draw, and wash it in cold water; truss it nicely;

place it in a saucepan; cover with boiling water; add ½ tablespoonful salt, 2 onions, and a bouquet; cover and boil till tender. In the meantime prepare a cream sauce as follows: Place a saucepan with 1½ ounce butter over the fire, add 1 heaping tablespoonful flour, stir and cook 2 minutes; then add 1½ cupful of the chicken broth, ½ even teaspoonful salt, ¼ teaspoonful nutmeg; boil 5 minutes; mix the yolks of 2 eggs with ½ cupful of cream, add slowly to the sauce; add ½ ounce butter and 1 tablespoonful lemon juice. Serve the chicken on a warm dish and the sauce in a sauce bowl. Caper, egg, or shrimp sauce may be served with the chicken.

Chicken Potpie.—Cut a well-cleaned young chicken into 10 pieces; clean and place the feet, neck, and giblets in a saucepan; cover with 3 pints of cold water; add ½ teaspoonful salt, and when beginning to boil, 1 onion and a bouquet; boil 1 hour. In the meantime peel and cut into quarters 6 medium-sized potatoes, into slices 2 good-sized white onions, and 2 ounces salt pork cut into slices. Mix 1 tablespoonful salt with 1 teaspoonful pepper; then put into a bowl 1 pint of flour, ½ teaspoonful salt, ½ pint of lard, cut fine with a knife into the flour; add ½ cupful cold water, and mix it with the same knife into a firm paste; turn it on to a floured board, roll it out, lay it 3 double, then roll it again to ½ inch in thickness; lay the cover of the saucepan in which the potpie is to be made over the paste, cut it with a knife close to the edge of cover, and the remaining paste into 3 or 4 pieces. Next take a saucepan large enough to hold the potpie; put in a layer of the chicken with 3 small slices of salt pork; then a layer of potatoes and onions; season with pepper and salt; add a few pieces of the dough, continue in alternate layers until all is used; then cover with a round piece of paste, cut an opening in the center and put 1 ounce butter in the opening; strain the giblet broth, pour it over the pie; if not enough to cover, add some boiling water; cover and cook 1 hour. In serving cut the cover into pieces, lay them in a circle around the dish, put the chicken in the center with the gravy; then serve.

Chicken Pie.—Select a young chicken of 2½ pounds; singe, draw, and wash it in cold water; cut it into 10 pieces, place in saucepan and cover with boiling water; add 1 even tablespoonful salt, ½ even teaspoonful pepper, 2 onions, and a bouquet; cover and boil till tender. In the meantime sift 1 pound flour in a bowl; add ½ teaspoonful salt; make a hollow in the center, put in the yolks of 3 eggs, ½ pound butter, and 1 gill of water; work this with the hands into a firm paste; lay it on a plate, and let it rest for 1 hour on ice or in a cool place. When the chicken is done take it from the broth, remove the large bones, and set it in a cool place; strain the broth. Melt 2 ounces butter in a saucepan; add 2 heaping tablespoonfuls flour, stir 3 minutes, then add the strained chicken broth, cook 5 minutes; if handy, add ½ cupful cream; add ½ pint of this sauce to the chicken, place the remainder in a warm place. When the chicken is cold, butter a deep pie dish, sprinkle the dish with fine bread crumbs, line the sides with the above-described paste; put in the chicken, cover it with a thick layer of paste; ornament the edge with leaves cut from the paste; make a cross in the center; turn the 4 corners over so as to leave an opening; brush the pie over with beaten egg; set it in a moderately hot oven, to bake till nearly done; then take the pie out of the oven; put a small funnel in the opening of the center, pour in as much of the gravy (which was made from the chicken broth) as the pie will hold; return it to the oven, and bake till done; then serve. Serve the remaining gravy separately in a sauce bowl. If liked, 3 large peeled potatoes may be parboiled in salted water, then cut into slices and added to the pie.

Chicken Croquettes.—Melt 1½ ounces butter in a small saucepan; add 1 heaping tablespoonful flour, stir and cook for a few minutes without browning; then add 1¼ cupfuls chicken broth; tie together 1 sprig of parsley, 1 blade of mace, as mall sprig of thyme, ½ bay leaf, 1 clove, and add this to the sauce with 6 whole peppers, ½ teaspoonful salt, and a pinch of nutmeg; boil 10 min-

utes; then strain into another saucepan, add 6 fine-chopped mushrooms, 1 pint fine-cut cooked chicken meat, 3 tablespoonfuls sherry wine; season with 1 teaspoonful salt, ½ teaspoonful white pepper, ¼ teaspoonful grated nutmeg, and cook 10 minutes; draw the saucepan to side of stove; add the yolks of 3 eggs, stir well, spread the mixture on a flat dish, and set away. When cold, form the preparation into croquettes; take a tablespoonful of the mixture, drop it into grated bread crumbs; roll it into round balls; dip the balls into beaten egg, and cover with bread crumbs; roll into oblong shapes. When all are prepared in this way, fry them in hot fat to a delicate brown, and serve with cream or supreme sauce.

Chicken Timbales à la Française.—Remove the meat from the breast of 1 large chicken, pass it through a meat machine and rub it through a sieve, then weigh it; there should be ½ pound; put the chicken meat in a bowl, add 4 ounces butter and mix well with the meat. Add ½ pound panada (page 81), the yolks of 4 eggs, 1 teaspoonful salt, a pinch of nutmeg and Cayenne pepper, and pound all together. Butter 12 timbale molds and decorate them with truffles, fill them three quarters full with the forcemeat; press it on the sides, leaving a hollow space in the center. Put a teaspoonful of salpicon into each timbale mold and cover with the same forcemeat. Half an hour before serving place the timbales in a pan with a little water and bake till firm to the touch, carefully covering them with buttered paper while baking. Serve with cream or bechamel sauce.

Salpicon.—Cook of flour and butter 1 tablespoonful 2 minutes; add ½ pint chicken broth, stir 3 minutes; add 1 gill each of fine-cut chicken meat, tongue, mushrooms, and 2 fine-cut truffles; season with salt, pepper, nutmeg, and ½ tablespoonful lemon juice; stir and cook 10 minutes; add ½ gill of cream. Spread this salpicon on a dish, and when cold use as directed.

Mentana Timbales.—Rub ½ pound fine-chopped chicken meat from the breast through a sieve; add the white of 1 egg, 1 teaspoonful salt, a little Cayenne pepper, a pinch of nutmeg. When well mixed add 1 pint of whipped cream. Fill in buttered and decorated timbale molds, and finish the same as in foregoing recipe. Serve with sauce Allemande. These timbales may be filled with a small ball of pâte de foie gras.

Chicken Liver Timbales.—Chop and rub through a sieve some chicken livers and some fresh pork from the loin (4 ounces of each after it has passed through the sieve); add ½ pound pate aux choux (page 81), the yolks of 8 eggs, salt and pepper and nutmeg, pound all together; add last ½ pint whipped cream. Fill the mixture in buttered timbale molds, and poach them in the oven till firm to the touch. Serve with Madeira sauce.

Ham Mouseline.—Chop fine 4 ounces each of smoked ham and chicken breast, add the whites of 2 eggs, and rub it through a sieve. Cook flour and butter of each 1 tablespoonful with 1 cupful milk to a thick sauce, add the yolk of 4 eggs, remove when cold; add the sauce to the meat; add a little cayenne, nutmeg, and pink coloring; mix; add last ½ pint whipped cream; fill into buttered mouseline molds; finish the same as timbales; serve with Allemande sauce.

Chicken Cream Forcemeat.—Put the breast of 1 large chicken twice through a meat machine, then rub it through a sieve and weigh it—there should be a half pound, good weight—add in small portions 5 ounces of butter, stirring continually with a potato masher; when this is well mixed, add slowly the whites of 4 eggs, and mix well; season with 1 teaspoonful salt, ½ teaspoonful nutmeg, and a pinch of Cayenne pepper; place it 1 hour on ice, then add 1 pint of whipped cream. This forcemeat may be used in many ways —for covering chops, tongue, or canapes, or for quenelles, border forms, timbales, mousilines, etc. It may be colored pink or green.

Chicken Cream Timbales.—Butter some timbale molds, and put a star of truffle in the bottom of each timbale, fill them with the chicken cream forcemeat, prepared as in foregoing recipe; set the timbales in a pan of hot water; let the water reach one third up the form; place the pan in a medium-hot oven; cover with buttered paper, and bake till firm to the touch; when done, remove from the oven; take them out of the molds, and serve with Béchamel sauce.

Chicken Cream Forcemeat Border.—Butter a border form; fill it with the chicken cream forcemeat; set the form in a pan of hot water; let the water reach one third up the form; cover with buttered paper, and bake till firm to the touch; when done, turn the border into a round dish; pour a cream sauce into the center, or put chicken à la poulette in center, or sautéd mushrooms. Chicken cream forcemeat may be used to decorate lamb chops or beef tongue; it may also be used for small chicken dumplings and balls.

Ragoûtant.—Place a saucepan over the fire with 1 ounce of butter and 1 tablespoonful flour, stir and cook 3 minutes; add ¾ pint boiling milk, a small bouquet, ½ teaspoonful nutmeg, 1 gill of mushroom liquor, 12 whole peppers, 1 even teaspoonful salt, cook 5 minutes, then strain into a clean saucepan. Season 1 chicken liver with salt and pepper, fry it 5 minutes in butter; stew also ½ pint of canned mushrooms 10 minutes in 1 ounce butter; then cut into small pieces; cut also the liver fine, add to this 1 pint of cooked chicken meat; add the 3 ingredients to the sauce; add from 2 to 4 tablespoonfuls of cream. Then fill the preparation into 6 table shells; sprinkle over some grated bread crumbs with a few drops of butter, and bake till light brown in hot oven about 10 minutes.

Chicken à la Poulette.—Place a well-cleaned young chicken 3 pounds in weight in a saucepan over the fire, cover with boiling water, add 2 onions, 1 bouquet, and ½ tablespoonful salt; cover and cook slowly. When done take out the chicken, remove skin and

bones, cut the white meat into ½-inch pieces. Place a saucepan with 2 ounces butter over the fire, add 2 tablespoonfuls flour, stir and cook 3 minutes, then add gradually 1 pint of chicken broth, 1 teaspoonful salt, ½ teaspoonful nutmeg, and a small bouquet; cook 5 minutes. Strain the sauce into a clean saucepan, add 1 gill of fine-cut mushrooms, 1 tablespoonful lemon juice, cook 5 minutes; mix ½ pint of cream with the yolks of 4 eggs and 1 teaspoonful fine-chopped parsley, add it to the sauce, stir for a few minutes over the fire, without boiling; then draw the saucepan to side of stove, add the fine-cut chicken meat and the sweetbreads mentioned below. Place 1 pair of large sweetbreads in a saucepan, cover with cold water, add 1 teaspoonful salt, and boil 5 minutes; remove, and cool in cold water. Place a saucepan with 1 tablespoonful butter over the fire, drain and dry the sweetbreads, add them to the butter, season with 1 even teaspoonful seasoning salt, cover and cook slowly till done; then remove and cut them into pieces, and use as directed above. Serve in small fancy bowls with finger rolls.

How to cook Old Chickens.—Singe, draw, and wash a chicken of 3 or 4 years old; put it in a kettle over the fire; cover completely with boiling water; add ½ tablespoonful salt, 2 onions, and a bouquet; draw the kettle to side of stove and simmer gently from 3 to 4 hours, or until a fork will easily penetrate through the second joint; then remove the kettle from the fire, let the chicken remain 20 minutes in the broth; take it out, season with 1 even tablespoonful salt, 1 even teaspoonful pepper evenly distributed inside and outside over the chicken. Then place a saucepan large enough to hold the chicken over the fire with 4 ounces of larding pork; fry to a delicate brown; add 2 ounces butter and the chicken; keep turning the chicken until it has obtained a fine brown color; then add ½ pint of the chicken broth, cover and cook slowly 30 minutes; transfer the chicken to a hot dish; remove some of the fat from the gravy; mix 1 tablespoonful cornstarch with ½ cupful cold water, add it to the gravy, stir and cook 3 minutes; add sufficient

chicken broth to make a creamy sauce; then strain; chop the boiled giblets very fine, add them to the sauce; cut the chicken into 10 pieces, lay them on a hot dish, pour over the gravy, and serve. This dish is very nice garnished with small slices of bread fried brown in half lard and half butter or fat. Prepare nudle soup of the broth.

Old Chicken, Roasted.—Put a well-cleaned old chicken in a saucepan; cover with boiling water; add ½ tablespoonful salt, 2 onions, and a bouquet; boil from 2 to 3 hours, or until a fork will penetrate the meat easily; then take it out; season with 1 even tablespoonful salt, 1 even teaspoonful pepper; lay the chicken in a roasting pan with 4 thin slices of larding pork over the breast, pour 2 ounces melted butter all over it; place the pan in a hot oven; roast, basting frequently, until the chicken is nice and brown; then add ½ cupful chicken broth, continue to roast and baste 30 minutes. Shortly before serving, lay the chicken on a warm dish; remove the fat from the gravy, mix ½ tablespoonful cornstarch with ½ gill of cold water; add it to the gravy, stir and cook 3 minutes; add sufficient chicken broth to make a creamy sauce and boil 5 minutes; then strain; rub the boiled liver to a cream; add it to the sauce, and serve.

Old Chicken with Dressing.—Boil and roast the chicken the same as in foregoing recipe; soak ¾ pound stale baker's bread 10 minutes in cold water, inclose it in cheese cloth or a towel, and press out all the water. Melt 2 ounces butter in a saucepan, add 3 tablespoonfuls fine-chopped onions, stir and cook 5 minutes; then add the bread, stir and cook 5 minutes longer; turn the bread into a bowl, and when cold add ½ even teaspoonful white pepper, 1 even teaspoonful salt, 1 teaspoonful thyme, and 2 eggs; mix all the ingredients well together, put into a buttered pan. Twenty minutes before serving, place in a hot oven, and bake 15 minutes. When ready to serve, carve the chicken nicely; cut the bread filling into slices, and lay them on a hot dish; pour a little of the chicken

gravy over each piece; give to each person some chicken and 1 slice of the filling. Make either a nudle or a rice soup of the remaining chicken broth.

COLD CHICKEN.

How to utilize Cold Boiled or Roasted Chicken.

Fritée of Cold Boiled Chicken.—Cut cold boiled chicken into joints the same as for fricassee, then mix the yolks of 2 eggs with ½ cupful milk; add ½ pint of flour, ½ even teaspoonful salt, ½ ounce melted butter; stir until a smooth batter is formed; beat the 2 whites to a stiff froth; add the batter slowly to the whites, stirring constantly; dip the chicken pieces into the batter; then fry them to a fine golden color in hot fat (which should be deep enough to cover the chicken pieces) till done; remove with a skimmer; drain on paper; dress the chicken on a hot dish, and garnish with fried or green parsley; serve with baked or French fried potatoes.

Cold Chicken with Oysters.—Remove the meat from cold roasted chickens, cut it into 1-inch pieces; crack the bones and put them in a saucepan over the fire; add the gravy if at hand; barely cover with cold water; as soon as it boils add 1 fine-cut onion and a small bouquet; cover and boil 40 minutes; then strain the broth through a napkin. Put 1 pint of oysters with their liquor in a saucepan over the fire; let come to a boil, then instantly remove them with a skimmer, and set aside. Melt 1½ ounce butter in a saucepan; add 2 tablespoonfuls fine-chopped onions, 1 bay leaf, 12 whole peppers, and 1 even teaspoonful salt; cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint of broth mentioned above, and cook 5 minutes longer; remove the bay leaf; continue the cooking for 5 minutes; strain into a clean saucepan; add 1½ pint of chicken meat, cook 5 minutes; mix the yolks of 2 eggs with ½ cupful cream, add it to the chicken; then add the oysters and 1 tablespoonful lemon juice.

The yolks and cream may be omitted and in place of them 1 tablespoonful unsweetened condensed milk used; but the former is the finer of the two. Serve on a hot dish, and garnish with 6 small pieces of buttered toast.

Risotto of Cold Chicken.—Pour boiling water over ½ pound well-washed rice, let it remain a few minutes, then drain on a sieve; rinse off with fresh boiling water. Melt 2 ounces butter or 3 tablespoonfuls olive oil in a saucepan; add 1 gill of fine-chopped onion, cook 5 minutes without browning; then add the rice, stir and cook a few minutes; add 1 pint of chicken or veal broth, 1 teaspoonful salt, ½ teaspoonful pepper, and ½ pint of stewed tomatoes, or 2 fine-cut raw tomatoes; cover and cook slowly till the rice is nearly done; add 1 pint of fine-cut chicken meat, and continue the cooking until the rice is soft, but the kernels should be whole. When ready to serve turn the risotto on a hot dish, sprinkle over 2 ounces grated cheese, and mix it well with 2 forks. A great improvement to this dish is a garnish of tomatoes, prepared as follows: Place 1 gill of fine-chopped onions in a deep frying pan with 1 ounce butter, cook 5 minutes; cut 4 large ripe tomatoes in halves, lay them with the skin side downward into the pan; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, cover and cook 5 minutes; turn the tomatoes over, and cook for 5 minutes longer; remove them carefully and arrange in a circle around the dish; pour the sauce over the tomatoes, and serve.

Silan Curry of Cold Chicken.—Cut the meat from remnants of cold roasted or boiled chicken into 1-inch pieces; place a saucepan with 1 gill of fine-cut onions and 1½ ounce butter over the fire, cook 5 minutes; add 1 teaspoonful curry powder, 1 teaspoonful salt, and 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint of chicken broth, which can be made from the chicken bones, cook and stir a few minutes; then add 1½ gill of cream or milk, ½ pint of grated cocoanut, and 1 pint of chicken meat, cook 5 minutes. Serve in a border of boiled rice.

Cold Chicken à la Crême.—Cut the meat of cold roasted or boiled chicken into small pieces; crack the bones and place them in a saucepan, cover with cold water; if any gravy is at hand add it to the chicken bones; as soon as it boils add 1 onion cut into slices, ½ bay leaf, 12 whole peppers, boil 40 minutes; then strain the broth through a sieve. Melt 1 ounce butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint of chicken broth, 1 even teaspoonful salt, ¼ teaspoonful white pepper, and 1 gill of milk, cook 2 minutes; then add 1½ pint fine-cut chicken meat, cook 5 minutes; add, if handy, ½ cupful cream or 1 tablespoonful unsweetened condensed milk, continue the cooking 3 minutes; add last 1 tablespoonful lemon juice. Lay 6 pieces of buttered toast on a hot dish, pour over the chicken crême and serve, or serve with a border of boiled nudles in place of toast.

Minced Cold Chicken.—Remove the meat from the bones of cold roasted chicken, free it from the skin and gristle; chop the meat as fine as possible; then weigh it; add to 1 pound of fine-minced chicken meat 4 ounces butter, 4 ounces fine-minced boiled ham; season with 1 even teaspoonful salt, ½ even teaspoonful white pepper; mix all well together and put it in a small jar. (If it is to be kept for some time cover with melted butter, tie a paper over, and keep it in a cool place.) Cold chicken prepared in this way is handy for sandwiches and stuffed eggs.

Chicken Livers, Stewed.—Wash and wipe dry the livers of 6 chickens, season with 1 even tablespoonful seasoning salt. Place a small saucepan with 1 ounce butter over the fire; as soon as hot put in the livers, cook 6 minutes; add 2 tablespoonfuls sherry or Madeira wine and a pinch of Cayenne pepper. Melt ½ ounce butter in another saucepan, add ½ tablespoonful flour, stir 3 minutes; add ½ pint of boiling water and 1 teaspoonful beef extract, then 1 gill of fine-chopped mushrooms, cook 5 minutes; add this sauce to the livers, cook a few minutes longer; add 1 tablespoonful lemon juice,

and serve on a warm dish; garnish with croûtons. The mushrooms, if not at hand, may be omitted.

Chicken Livers broiled with Bacon.—Wash and wipe 6 chicken livers dry, season with 1 even tablespoonful seasoning salt; cut 12 thin slices of bacon, then each liver into 2 pieces; take 3 silver skewers, run a skewer through the center of a piece of liver, then through a slice of bacon, continue alternately with bacon and livers till the 3 skewers are full; then brush the livers over with melted butter, sprinkle them with fresh grated bread crumbs, lay on a hot broiler, and broil 5 minutes on each side; put the skewers on a hot dish. Stir 1 ounce butter to a cream; add slowly 1 tablespoonful lemon juice, $^1/_4$ teaspoonful nutmeg, and 1 teaspoonful fine-chopped parsley; spread this over the livers, and serve.

Chicken Livers à l'Italienne.—Wash and wipe dry 6 or 8 chicken livers, cut each liver into slices; season with 1 even tablespoonful seasoning salt; place a saucepan with $1^1/_2$ ounce butter over the fire; add 2 tablespoonfuls fine-chopped onion, $^1/_2$ clove of bruised garlic, and cook 5 minutes; add $^1/_2$ pint of fine-chopped mushrooms, also the livers; cook slowly 10 minutes. In the meantime melt in another saucepan $^1/_2$ ounce butter; add $^1/_2$ tablespoonful flour; stir and cook 2 minutes; add 1 gill of meat broth or stock (if stock is not handy, add 1 gill of boiling water and $^1/_2$ teaspoonful beef extract), cook 5 minutes; then add it to the livers and cook a few minutes longer; serve on a heated dish with 6 small slices of bread fried in butter to a delicate brown.

Chicken Legs, Broiled.—Place the legs of 3 chickens in a saucepan, cover with boiling water; add $^1/_2$ tablespoonful salt, 1 onion, and a bouquet; boil until a larding needle will penetrate easily through them; them remove; when cold mix 1 teaspoonful seasoning salt with 1 teaspoonful English mustard; roll the chicken legs into this seasoning; dip them in melted butter, roll in fresh grated bread crumbs, lay on a hot broiler, and broil 5 minutes on each side. Serve on a warm dish with maître d'hôtel butter.

Chicken Legs and Second Joints à l'Allemande.—Place the legs and second joints of 3 chickens in a saucepan, cover with boiling water; add 2 medium-sized onions, 1 even teaspoonful white pepper, 1 even tablespoonful salt, and a bouquet; boil slowly till tender; lay the legs and joints on a hot dish; strain the broth. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour, stir and cook 2 minutes; add the strained broth, cook until smooth. Mix the yolks of 2 eggs and the juice of half a lemon, add it to the sauce; add last a few spoonfuls cream. Place the legs and joints on a hot dish, pour the sauce over them, and garnish with rice, nudle, or potato timbales.

Guinea Hen, Potted.—Season a nice pair of well-cleaned Guinea hens with 1 tablespoonful salt; tie the legs and wings close to the body with strings. Place a saucepan large enough to receive the birds with 4 ounces fine-cut larding pork over the fire; fry until light brown; add 2 ounces butter and the Guinea hens, let them cook, turning often till they are light brown on all sides; then add 1 cupful boiling water, cover and cook slowly till they are done; if the gravy gets too brown add a little more water, but only a little at a time, for if too much water is added they will be stewed instead of roasted. Place the giblets with 1 quart cold water and a little salt in a saucepan over the fire; cook till done. Shortly before serving, fry 6 small slices of bread in butter or half lard to a delicate brown color; cut them in triangle shapes. Remove the Guinea hens; cut each one into 6 pieces; lay them on a warm dish; remove the fat from the gravy; mix 1 tablespoonful cornstarch with $\frac{1}{2}$ gill of cold water; add it to the gravy, cook 3 minutes; add sufficient giblet broth to make a creamy sauce, cook 5 minutes; strain the sauce into a clean saucepan; chop the giblets fine, add them to the sauce; pour the gravy over the birds, and lay the fried bread in a circle around the dish, then serve.

Guinea Hen, Roasted.—Remove the feathers from a nice pair of young hens; singe, draw, wash, and dry them; season with 1

tablespoonful salt, truss nicely, and lay them in a roasting pan; spread over each hen 2 ounces butter, and tie over the breasts a large thin slices of larding pork; add ½ gill of boiling water; set the pan in a medium-hot oven, and roast till done, basting frequently with their own gravy (if the gravy should get too brown, add a little more water). Shortly before serving, lay the fowls on a warm dish; remove the fat from the gravy and add a little stock to it; boil 2 minutes; then strain, and serve with the birds.

Capon, Roasted.—Season a well-cleaned capon with 1 tablespoonful salt; rub the salt inside and outside; twist the wings backward, truss it nicely; spread 1 ounce butter over it, and lay 3 slices of larding pork over the breast; place the capon in a roasting pan; set the pan in a medium-hot oven; roast and baste frequently until it is light brown all over; then add a little boiling water; continue to roast until done. Shortly before serving, lay the capon on a warm dish, remove all fat from the gravy; add a little bouillon; let it boil 2 minutes; then strain and serve with the capon.

Capon, Roasted and Filled.—Season a well-cleaned capon inside with 1 even teaspoonful salt, and stuff it with the following forcemeat: Place a saucepan with 1 ounce butter and ½ pint water over the fire; as soon as it boils add 1 even cupful flour; stir until it forms into a smooth paste and loosens from bottom of saucepan; remove and put the paste into a bowl; when nearly cold add the yolks of 2 eggs and 1 whole egg; chop ¾ pound of lean veal very fine with 6 ounces suet or veal fat; season with 1 teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful nutmeg, ½ teaspoonful thyme; mix all well together, then place the meat in a wooden chopping bowl and pound it fine with a potato masher; add the cooked paste in small portions, and pound the whole thoroughly. Then place a saucepan with 1 ounce butter over the fire, add 1 fine-chopped onion, cook 5 minutes; add 6 fine-chopped mushrooms, cook 3 minutes longer; add this to the above preparation. Loosen the skin from the breast of a well-cleaned capon; put a layer of this forcemeat

over the breast under the skin, fill the remaining forcemeat into the body, sew it up; twist the wings over the back; run a skewer through the thigh and body; tie it firmly with strings; season with 1 even tablespoonful salt; cover the breast with a large thin slice of larding pork; spread 2 ounces butter over the capon; place it in a roasting pan, set it in a medium-hot oven, roast and baste frequently with its own gravy till light brown all over; then add a little broth from the giblets, which should be boiled in water; continue to roast and baste till done, which will take about 1½ hour. Shortly before serving, melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add 1½ cupful giblet broth, and cook 5 minutes. Lay the capon on a warm dish, remove threads and skewers, free the gravy from fat; add the gravy to the sauce in saucepan, cook a few minutes; then strain into a clean saucepan, add ½ cupful fine-chopped mushrooms, and if necessary a little salt; then serve with the capon.

Capon with Bread Filling.—Soak 4 ounces stale baker's bread in cold water till soft; press out all the water; put the bread into a bowl. Melt 2 ounces butter in a saucepan; add ½ gill fine-chopped onion, cook 5 minutes without browning; add to the bread; season with 1 even teaspoonful salt, ½ even teaspoonful pepper, 2 well-beaten eggs, and ½ teaspoonful thyme; mix all the ingredients well together; loosen the skin from the breast of a well-cleaned capon; put the bread dressing over the breast under the skin; fill also the crop; sew it up; run a skewer through the thigh and body; season with 1 even tablespoonful salt; then roast and finish the same as in foregoing recipe. The fine-chopped liver of the capon may be added to the above bread filling. Capon may also be stuffed with oyster forcemeat, chestnut purée, and plain bread filling.

TURKEY.

Turkey roasted à l'Allemande.—Select a young turkey 10 pounds in weight; singe, draw, and wash quickly in cold water; wipe dry with a towel; then season inside with ½ tablespoonful

salt; fill the crop and body with forcement described below. Sew the turkey up, twist the wings over its back, run a skewer through the thighs into the body; pass a string across the back of the bird, crossing it below the breast, then catch it over the points of the skewer, cross the string again, and tie it in the back. Rub 1 tablespoonful salt all over the turkey, and lay in a roasting pan; spread 2 ounces butter over the breast; then place the pan in a medium-hot oven to roast; turn often and baste freely with its own gravy, till the bird is light brown on all sides; add 1 cupful boiling water, continue to roast, basting frequently till done, which will take about 2 ½ hours; or you may allow 15 minutes to a pound. Place the giblets in a saucepan over the fire; cover with cold water; add ½ teaspoonful salt; when it boils add 1 onion, and cook till done. Shortly before serving, lay the turkey on a warm dish, remove threads, strings, and skewers, also the fat from the gravy. Mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, stir this over the fire, and cook 3 minutes; add sufficient giblet broth to make a creamy sauce, cook 5 minutes; then strain; chop the giblets fine, add them to the sauce, and serve.

Forcemeat for Turkey à l'Allemande.—Soak a 5-cent loaf of bread in cold water until soft, then inclose it in a towel and press it dry. Place a saucepan with 4 tablespoonfuls of fine-chopped onion over the fire; add 1 ounce butter, stir and cook 5 minutes without browning; add the bread, continue to stir and cook 5 minutes; turn the bread into a dish, and when cold mix it with 1 pound of fine-chopped fresh pork from the loin or tenderloin; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, ½ teaspoonful nutmeg, 1 teaspoonful thyme, and the yolks of 2 eggs; mix all well together, and use as directed above. In place of the above forcemeat, oyster or veal forcemeat may be used, and in place of fresh pork, sausage meat may be taken.

Turkey roasted with Bread Dressing.—Prepare the turkey the same as in foregoing recipe; soak a small loaf of baker's bread without the rind for 10 minutes in cold water, then inclose

it in a towel and press it dry. Place a saucepan with 2 fine-chopped onions and 2 ounces of butter over the fire; cook 5 minutes without browning; then add the bread, stir and cook 5 minutes longer; turn the bread into a bowl, and, when cold, add 1 teaspoonful salt, ½ teaspoonful pepper, 1 teaspoonful thyme, and 2 whole eggs; mix all the ingredients well together; use and finish the turkey as in foregoing recipe.

Turkey roasted with Bread Dressing, American Style.—Remove the crust from a 1-pound loaf of stale baker's bread; rub white part fine, and put the crumbs into a bowl; add 2 ounces melted butter, 1 even teaspoonful salt, ½ even teaspoonful pepper, 1 teaspoonful thyme, and 1 well-beaten egg; mix all well together; season the crop and body of a well-cleaned turkey with 1 even tablespoonful salt, fill in the bread dressing, sew it up; finish the same as in foregoing recipe.

Turkey roasted with Sage Dressing.—Prepare and roast a turkey the same as roasted turkey à l'allemande. Soak 1 pound of stale bread without the rind 10 minutes in cold water, press out all the water through a cloth; place a saucepan with 1 gill of fine-chopped onions and 1 tablespoonful butter over the fire; cook 5 minutes without browning; add this to the bread; then add 4 ounces sausage meat, ½ tablespoonful salt, ½ teaspoonful pepper, 1 teaspoonful sage, and 2 whole eggs; mix all well together, and use as directed in former recipe; 1 tablespoonful fine-chopped parsley may be added.

Turkey roasted with Chestnut Dressing.—Place a saucepan with 1½ pound large chestnuts over the fire, cover with boiling water, cook 20 minutes; then drain off the water; remove the shells and brown skin; put half of the chestnuts in a saucepan, add 1 pint of milk, and 1 ounce butter; cook until the nuts are soft; then mash them fine, turn them into a bowl, and when cold add 1 even tablespoonful salt, 1 even teaspoonful pepper, ½ pound sausage meat, and the remaining whole chestnuts; mix all well to-

gether. In the meantime singe, draw, and wash a young turkey 10 pounds in weight; wipe it dry; season the inside with ½ tablespoonful salt; loosen the skin from the breast, put a layer of the above dressing over the breast under the skin; fill the crop and body with the same dressing, sew it up, twist the wings backward. Thread a trussing needle with a strong, white cord, pass it through the thigh and body to the other thigh, direct the needle back again, and let it come out again at the same thigh into which the needle first went; tie the 2 cords together on one side, cut off the cord; then run the needle and cord through 1 wing, take up the skin of the neck, fasten it down to the back, then pass the needle through the other wing, tighten and tie the strings in the back, so that the wings and thighs are well attached to the body. Then rub 1 tablespoonful salt all over the turkey; spread 2 ounces of butter over the breast and thighs. Place the fowl in a roasting pan and set it in a hot oven; roast and baste frequently with its own gravy; as soon as brown on one side, turn it over; continue until the turkey has become a delicate brown on all sides; then add ½ pint of boiling water or giblet broth, and roast and baste till done. Shortly before serving, lay the turkey on a warm dish and remove the threads and strings; free the gravy from fat; mix 1 tablespoonful cornstarch with 1 gill of cold water; add it to the gravy, stir, and cook 2 minutes over the fire; add sufficient giblet broth to make a creamy sauce, and cook 5 minutes; strain, and serve with the turkey. Serve with cranberry sauce and celery salad; also vegetables, like mashed potatoes, stewed peas, and sweet potatoes, may be served with it. Turkey may be roasted without stuffing; or the crop may be stuffed only.

Boiled Turkey à l'Allemande.—Select a fine young turkey 5 to 6 pounds in weight; singe, draw, and wash it, run a trussing needle with a fine cord through the thigh and body to the other thigh, and tie it in the back; then run it through the wings and the skin of the neck, fastening it to the back. Place the turkey in

a soup kettle; cover with boiling water; add 1 heaping tablespoonful salt, a large bouquet, and 3 onions; cover and cook slowly till done; 15 minutes before serving melt 2 ounces butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add 1 pint of the strained broth, and, if handy, 1 gill of mushroom liquor, 6 whole peppers, and 1/4 teaspoonful nutmeg, cook 5 minutes; strain into a clean saucepan, mix the yolks of 2 eggs with 1/2 cupful cream; add it to the sauce, let it get hot, but not boiling; add 1 tablespoonful lemon juice, and, if necessary, a little salt. Place the turkey on a warm dish, remove the cord, and serve with the sauce; arrange in clusters small cooked cauliflower roses, 18 cooked carrot balls, and 12 small cooked white onions around the turkey.

Boiled Turkey with Celery Sauce.—Boil a turkey the same as in the foregoing recipe. Boil until tender 4 celery roots from table celery, with 1/2 teaspoonful salt and 1/2 ounce butter. In the meantime melt 1 ounce butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add 3/4 pint of the strained turkey broth, cook 5 minutes; when the celery is done, cut it first into slices, then into narrow strips, and add it to the sauce; mix the yolks of 2 eggs with 3/4 cup of cream, add it to the sauce; add last 1 tablespoonful lemon juice; keep the saucepan a few minutes without boiling over the fire; then serve with the turkey.

Turkey with Oyster Sauce.—Boil a turkey the same as turkey à l'allemande. For the sauce, place 18 medium-sized oysters without their liquor in a saucepan over the fire; add 2 tablespoonfuls lemon juice, 1 even teaspoonful salt, 1/2 even teaspoonful pepper, 1 ounce butter, stir and cook a few minutes or until the oysters begin to ruffle; then set them aside. Mix in a clean saucepan 1 1/2 tablespoonful flour with 1 gill of cold water and the yolks of 2 eggs; add slowly 1 1/2 cupful strained turkey broth; stir this over the fire until just before boiling; then add 1/2 cupful cream and the oysters, stir a few minutes over the fire without letting it boil; taste, and, if necessary, add more salt. Serve at once with the

turkey. Boiled turkey may be served with the following sauces: Egg, caper, lobster, crab, shrimp, béchamel, and Hollandaise.

Turkey roasted Plain.—Singe, draw, and wash a young turkey, wipe it dry, and season with 1 tablespoonful salt; twist the wings over the back, run a small skewer through the skin of the neck and fasten it on to the back, put a skewer through the thigh and body. Lay 2 ounces butter over the turkey; place the pan in a medium-hot oven; roast and baste frequently till the turkey is light brown on all sides; then add a little water, continue to roast, basting frequently till done, allowing 15 minutes to a pound. Shortly before serving lay the turkey on a hot dish, remove the strings and skewers; free the gravy from fat; add a little bouillon, let it boil 2 minutes; then strain, and serve with the turkey.

Turkey dressed with Truffles, French Style.—After drawing, singeing, and washing a good-sized turkey, flatten the breastbone. Melt 1 pound of fresh fine-chopped leaf lard, and when hot put in 2 pounds of truffles; let it cool off a little; then fill the lard and truffles into the turkey; sew up, and set in a cool place for 2 or 3 days. When ready to roast, put the turkey into a dripping pan, cover with thin slices of larding pork, and tie buttered paper around it; baste first with melted butter and a little water, afterward with its own gravy. Remove the paper and pork ½ hour before serving; sprinkle with salt; let the turkey get nice and brown, basting frequently till done; in serving take out the truffles, cut the breast of the fowl into even slices; put them back to their former place and lay the truffles around it. Serve with truffle sauce. A turkey may be roasted the same way without the truffles. Pheasant and capon can be dressed and roasted in the same way.

COLD TURKEY.

Turkey à la Béchamel.—Cut the remnants of roast or boiled turkey into small pieces; crack the bones and place them in a saucepan, cover with boiling water, add 1 onion, and boil 1 hour; then strain the broth through a napkin. Melt 1 tablespoonful

butter, add 1 tablespoonful flour, stir a few minutes; add 1½ cupful of the turkey broth, 1 even teaspoonful salt, 12 whole peppers, a small bouquet, and, if handy, 1 gill of mushroom liquor, cook 6 minutes; then strain the sauce into a clean saucepan, add ½ cupful cream or milk, ½ teaspoonful nutmeg, and 1½ pint of the fine-cut turkey meat; let it simmer 10 minutes; add lastly 2 tablespoonfuls lemon juice, and serve on a hot dish with a border of nudles or rice timbales, croûtons, or over toast.

Turkey Curry.—Place a saucepan with 1 gill of fine-chopped onions and 1 ounce butter over the fire, cook 5 minutes; add ½ tablespoonful curry powder and 1 tablespoonful flour, stir and cook 2 minutes; add 1 cupful broth, 1 cupful milk, 1 even teaspoonful salt, and 1½ pint fine-cut turkey meat, cook slowly 10 minutes; then serve in a border of rice.

Silan Curry of Turkey.—Exactly the same as in foregoing recipe, only adding 1 cupful fresh grated cocoanut and 1 gill of cream to it.

Turkey Salad.—Cut remnants of cold cooked turkey into small pieces; put them with an equal amount of fine-cut table celery in a salad dish, add 2 fine-cut hard-boiled eggs; then prepare following mayonnaise: Put 2 whole eggs into a small saucepan, beat them with an egg beater till very light; add by degrees ½ cupful oil, then add slowly 4 tablespoonfuls white vinegar; set the saucepan in hot water over the fire, and stir till it begins to thicken; remove, place in cold water; when perfectly cold add slowly 4 tablespoonfuls more oil; then add 2 teaspoonfuls sugar, 1 teaspoonful salt, 1 tablespoonful French mustard, and lastly ½ pint of whipped cream (or ½ cupful unsweetened condensed milk). Mix some of the mayonnaise with the turkey meat and celery; smooth it with a knife, cover with the same mayonnaise; lay a border of lettuce leaves around the edge of dish, and some hard-boiled eggs, cut into quarters, tastefully over the salad. This salad can also be made of cold roasted veal or chicken.

Croquettes of Cold Turkey.—Cut remnants of cooked turkey into small pieces; place a saucepan with 1 ounce butter over the fire, add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add 1½ cupful broth, 1 even teaspoonful salt, 6 whole peppers, and a bouquet, cook 5 minutes; remove the bouquet and peppers, add 2 cupfuls turkey meat, and, if handy, ½ cupful fine-cut mushrooms, stir and cook 10 minutes; add the yolks of 3 eggs, stir 2 minutes; turn the contents on to a flat dish, and set in a cool place. Thirty minutes before serving, take small portions the size of an egg with a tablespoon from the mixture, dip into beaten egg, roll in fresh grated bread crumbs, and form into cork-shaped croquettes. Place a frying pan with good beef fat or lard over the fire, when hot put in as many croquettes as will conveniently lie in the pan; fry to a fine golden color on all sides; lay for a few minutes on blotting or brown paper; then dress on a hot dish, and serve with béchamel sauce.

Turkey and Oysters.—Take some roasted turkey bones and chop them fine into pieces; place them in a saucepan, cover with cold water; as soon as it boils add 1 sliced onion and a bouquet; boil 40 minutes; then strain off the broth. Melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, cook 3 minutes; add 1 pint of the broth, cook 2 minutes; add 1 pint fine-cut cooked turkey meat, cover and cook 5 minutes. Scald ½ pint of oysters in their liquor, then drain them in a sieve, add the oysters to the turkey, cook 2 minutes; add pepper and salt to taste, and serve on buttered toast.

Cold Turkey in Jelly.—Chop the cold turkey meat very fine, put the cracked bones, skin, and gravy in a saucepan with 1 or 2 calf's or pig's feet or 1 pound of rind of fresh pork, cover with water; add a bouquet and 2 onions; boil until the feet fall apart. Then strain through a fine sieve, and reduce the liquor by boiling it down to 1 quart; add ½ cup of vinegar, a little sugar, and the beaten whites of 2 eggs; boil slowly 5 minutes, and strain through

a jelly bag. Take an equal quantity of this jelly and fine-minced turkey meat, put them together over the fire, and let them simmer for a few minutes; then pour it into a bowl, and set in a cool place. Put the remaining jelly into a separate dish. When ready to serve, cut it into slices and garnish with plain-chopped jelly.

Turkey Ragoût.—Cut the cold turkey meat into small square pieces. Put the cracked bones, scraps, and gravy in a saucepan, cover with water; add a small bouquet, 1 onion, boil 1 hour; then strain the broth through a fine sieve. Take for 1 quart of turkey meat, 2 fine-chopped onions, fry them in 1 spoonful butter light brown; add 1 tablespoonful flour, stir until light brown; add 1 pint of broth, season with 1 teaspoonful salt and $\frac{1}{2}$ teaspoonful pepper, and boil 5 minutes; then put in the meat, and let simmer for 10 minutes. In the meantime prepare some meat balls: Chop 2 pork chops fine, add a little fine-minced turkey meat, $\frac{1}{2}$ cupful bread crumbs, 2 tablespoonfuls water, $\frac{1}{2}$ tablespoonful melted butter, and 1 egg; season with salt and pepper. Shape the mixture into small balls, and boil them 6 minutes in salted water. Serve the ragoût on a hot dish, and lay the meat balls around it.

Boned Turkey.—Singe, draw, and wash a fine plump young turkey of 8 pounds; cut off the feet to the first joints, also the wings and the neck close to the body; bone it, cut the skin through to the bone the whole length of the back; then loosen the flesh from the bone with a small knife, first the one side, then the other, being careful not to make any holes in the skin. Make an incision from the first joint, then bone both legs; bone the wings the same way, so that the entire skeleton is separated from the meat. Clean the skeleton and giblets, place them in a soup kettle over the fire, cover with cold water. Spread the turkey out on a napkin, the skin toward the napkin, and with a sharp knife cut away even slices from the breast and lay them on the thin parts, so that the turkey has an even thickness all over. Draw the legs and wings inside, season the inside with 1 tablespoonful salt and 1 teaspoonful

white pepper evenly distributed. Set the turkey meat aside until the following forcemeat is prepared : Take 2 pounds of lean veal, 1 pound pork tenderloins or fresh pork off the loin, ½ pound larding pork ; chop the 3 ingredients exceedingly fine or have them ground in the machine, season with 1 tablespoonful salt, 1 teaspoonful pepper, ½ teaspoonful nutmeg. Cut ½ pound of cooked beef tongue into ½-inch square pieces, cut 12 truffles the same way ; add both to the forcemeat, add ½ gill of sherry wine, and 4 ounces pistachio nuts ; mix all well together, then place the forcemeat in the center of the turkey, draw the back together and sew it up ; gently lift it, and lay in the center of the napkin ; roll carefully in the napkin, tie tightly on both ends and once in the middle with a tape. As soon as the kettle with the remnants boils add 2 onions with 3 cloves stuck in each one, a bouquet, and ½ tablespoonful salt ; then put in the turkey, cover, and boil slowly 2½ hours. When done, remove the turkey with a skimmer, letting it cool off a little, cut the tapes and roll the turkey over again as before, and tightly tie on both ends. Lay on a flat dish, cover with a board the same size as the turkey, place 2 or 3 flatirons on top, or some weight, let it stand 12 hours.

Aspic or Jelly for Boned Turkey.—Strain the broth in which the turkey was boiled through a napkin, remove every particle of fat ; place 3 pints broth in a saucepan over the fire ; soak 2 ounces gelatin in ½ pint cold water till soft, add it to the chicken broth in saucepan. Beat the whites of 2 eggs to a stiff froth, add the juice of 1 lemon and a little cold water, stir this into the chicken broth, beat thoroughly with an egg beater, and boil 5 minutes ; then draw the kettle to side of stove, letting it stand 5 minutes ; taste, and if not sour enough, add a little vinegar, and more salt if necessary. In the meantime lay a napkin in a sieve, place the sieve over a saucepan, then set the saucepan into a vessel of boiling water over the fire. Pour the jelly into the napkin, a little at first ; then examine, and if not clear enough pour it back

again; continue until all is strained; pour the jelly into a mold and set aside to cool. When ready to serve cut the turkey into slices, arrange them nicely on a dish, and garnish with chopped jelly. Another way is to pour some jelly before it is firm on the dish on which the turkey is to be served 1 inch in thickness and set aside till firm; pour also jelly into small fancy molds and set them aside till firm. Arrange the sliced turkey over the jelly on the dish, open the small molds, and lay the jelly in a circle around the dish; or pour the aspic in a shallow tin pan, and when cold cut into fancy shapes.

Turkey in Aspic.—Prepare the boned turkey the same as in foregoing recipe, take it from the press, remove the napkin, and wipe the turkey dry with a clean towel or napkin. Take a square pan $\frac{1}{2}$ inch larger all around than the turkey, set it into cracked ice. Have double the quantity of aspic prepared as in foregoing recipe, put sufficient of it into the pan to cover the bottom; when this is firm turn the form over on its side, pour in some cold aspic, let it get firm, turn the form, pour in more aspic; continue turning the form and adding aspic until the whole form has obtained a complete lining thereof. Then cut the white of hard-boiled eggs and some truffles into fancy shapes, or instead boiled beets, green pickles, and lemon rind; take each piece separately up with a larding needle; have some aspic standing on ice, and when it begins to thicken dip the needle with the decoration into the aspic, then lay it into the form, first on the bottom and then on all sides; set the form upright in the ice, pour in more aspic so the bottom decoration is entirely covered. When firm lay in the turkey with the breast toward the decoration, pour $\frac{1}{2}$ pint of aspic in the form, let it get firm, then add gradually more aspic; continue this until the form is full. Let stand until it becomes firm. Shortly before serving take the form from the ice, turn it upside down on the dish it is to be served in, hold a hot wet towel around the form until the gelatin slips out of it. Garnish with water cress and serve.

GEESE.

Goose roasted with Apple Dressing.—Singe, draw, and wash a fine, tender goose, wipe it dry; season the inside with ½ even tablespoonful salt; then stuff it with apple dressing, described below; sew it up; rub 1 tablespoonful salt all over it; turn the skin of the neck backward and secure it with a small skewer, or sew it on to the back; twist the wings back, and run a skewer through the thigh and body; lay the goose in a roasting pan, spread 1 tablespoonful butter over the breast, set in a hot oven to roast, baste frequently and turn often till the goose is light brown on all sides; then add 1 cup of boiling water, continue to roast till done, allowing 15 minutes to a pound. Place the giblets in a saucepan, cover with cold water; add ½ teaspoonful salt, and when it boils add 1 small onion, cook 1½ hour; then strain the broth and chop the liver fine Shortly before serving, lay the goose on a hot dish, remove skewers and thread, take off the fat from the gravy; mix 1 tablespoonful of cornstarch with 1 gill of cold water, add it to the sauce, stir and cook 3 minutes on top of the stove; then add sufficient giblet broth to make a creamy sauce, boil 5 minutes; strain; add the fine-chopped liver, and serve with the goose. Serve with Brussels sprouts à la crême, apple sauce, and boiled potatoes.

Apple Dressing.—Pare and cut into quarters 8 large greening apples, remove the cores; place the apples in a saucepan over the fire; add ½ cupful cold water, cover and cook till tender, but not broken; remove, and when cold rub 4 ounces stale baker's bread into crumbs, mix them with the apples; add 1½ tablespoonful sugar, 1 ounce melted butter, and 1 egg; mix all well together, and use as directed above.

Goose roasted with Potato Dressing.—Prepare a fine young goose the same way as in foregoing recipe, stuff it with potato dressing, finish the same as in foregoing recipe.

Potato Dressing.—Peel and wash 12 medium-sized potatoes

place them in a saucepan with 1 quart cold water over the fire, add one tablespoonful salt, cover and cook till done; then drain and steam them for a few minutes over the fire; mash fine, add 1 ounce, butter, 1 even teaspoonful white pepper, and the yolk of 1 egg; beat the white to a stiff froth and add it to the potatoes. Melt 1 ounce butter in a small saucepan, add 3 fine-chopped white onions, cook and stir 5 minutes without browning; add them to the potatoes with 1 teaspoonful thyme; mix all well together, and use as directed above. If liked, a little sage may be added.

Goose roasted with Raisin Dressing.—Place a saucepan with 1½ ounce butter over the fire; add 2 cupfuls fine-sliced apples, 1 cupful seedless raisins, 1 tablespoonful currant or apple jelly, 2 tablespoonfuls sugar; cover and cook till the apples are done but not broken; then remove; when cold, add 2 cupfuls rolled zwieback and 1 egg. Singe, draw, and wash a fine young goose, season the inside with ½ tablespoonful salt, stuff it with the filling described above; sew it up and truss nicely; rub 1 tablespoonful salt all over the goose, lay it in a roasting pan, spread 1 ounce butter over the breast, set in a hot oven, baste frequently, turning the goose often until light brown all over; then add 1 cupful boiling water, continue to roast and baste till done, adding a little more water if necessary. Shortly before serving lay the goose on a hot dish, remove skewers and thread; free the gravy from fat, mix 1 tablespoonful cornstarch with 1 gill of cold water, add it to the gravy, and cook 2 minutes; then add sufficient giblet broth to make a creamy sauce, cook 3 minutes; strain and serve with the goose.

Goose roasted with Chestnut Dressing.—Singe, wash, and draw a fine young goose, season inside with ½ tablespoonful salt. Place 1 pound large chestnuts in a saucepan, cover with cold water, cook 20 minutes, drain on a sieve, remove the shells and the brown skin; return chestnuts to saucepan, cover with milk, add 2 ounces butter, and cook till tender; mash them fine with a potato masher,

turn into a bowl, and when cold mix with ½ cupful grated bread crumbs, the fine-chopped goose liver, ½ pound sausage meat, ½ even tablespoonful salt, 1 even teaspoonful pepper; stuff the goose with this mixture, sew up, truss nicely, rub 1 tablespoonful salt all over; spread 2 ounces butter over the breast, lay in a roasting pan; add ½ cupful boiling water; place in a hot oven, roast and baste frequently till the goose is done. (If the gravy should get too brown, add more water, but only a little at a time.) Boil the giblets in water with 1 onion and a little salt. Shortly before serving mix 1 tablespoonful cornstarch with 1 gill of cold water; lay the goose on a hot dish; remove the fat from gravy, add to the gravy the cornstarch, stir and cook 3 minutes; then add sufficient giblet broth to make a creamy sauce, boil 5 minutes; strain, and serve with the goose.

Goose à la St. Martin.—Singe, draw, and wash a young goose, and stuff it with the following forcemeat: Place a small saucepan with ½ cupful fine-chopped onions and 1 ounce butter over the fire, cook 5 minutes without browning; then remove. Soak 1 roll in cold water till soft, press out all the water; put the bread and onions in a bowl, add ½ pound fine-chopped fresh pork, 4 ounces fine-chopped larding pork, and ½ pound fine-chopped veal (if veal is not handy, add the fine-chopped goose liver); season with ½ even tablespoonful salt, 1 even teaspoonful pepper, ½ teaspoonful nutmeg, 1 whole egg, 2 yolks; pound this in a mortar well together. Fill the forcemeat into the goose, sew up, run a skewer through the thigh and body, twist the wings backward, season with 1 tablespoonful salt; place the goose in a double pan, pour over 2 ounces melted butter, put on the cover, and set in a hot oven; open the pan every 15 minutes, and baste the goose well with its own gravy; roast from 2 to 3 hours. In the meantime place 1 pound large chestnuts in a saucepan over the fire, cook 20 minutes; drain, and remove the shells and brown skins; return to the fire, add 1 pint boiling water, 1 teaspoonful sugar, and boil till tender; melt ½ tablespoonful but-

ter, add ½ tablespoonful flour, stir and cook 3 minutes; add 1 cup of stock or boiling water with 1 teaspoonful beef extract, a small bouquet, and 6 whole peppers, cook 5 minutes; then strain through a sieve into a clean saucepan, season with ½ even teaspoonful salt; drain the chestnuts, add them to the sauce, cook a few minutes, then set aside. When ready to serve, lay the goose on to a carving board, remove threads and skewers, carve it nicely; cut the forcemeat into slices; lay the carved meat on a warm plate, arrange the chestnuts in clusters alternately with the slices of forcemeat in a circle around the dish, and serve. Remove all fat from the gravy, add 1 gill of stock, let it boil a few minutes; then strain, and serve with the goose.

Goose Braisée à la Flamande.—Place in a soup kettle a well-cleaned young goose, cover with stock or boiling water; add 2 onions, a small carrot, a bouquet, 1 tablespoonful salt, 12 whole peppers, and ½ bottle of Rhine wine, and boil slowly till done. At the same time cut a medium-sized Savoy cabbage into quarters or 6 pieces; place them in a saucepan, cover with boiling water, cook 20 minutes; then drain off the water. Place 1 pound lean bacon in a saucepan, cover with cold water, boil 1 hour; remove it to a clean saucepan, put the cabbage on top the bacon, add six small sausages, 2 onions, and a bouquet, cover with fresh boiling water, and cook till done. Thirty minutes before serving lay the goose in a roasting pan, add 1 pint of the strained broth in which the goose was boiled, place in a hot oven, baste frequently, and roast until it has a nice glaze; then carve nicely, and lay on a warm dish. Strain the broth in which the goose was boiled, remove the fat, reduce the broth by boiling. Melt 1 tablespoonful butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 3 minutes; add 1 pint of the broth and the gravy from the pan, boil 5 minutes. Drain the cabbage on a sieve, put it into a saucepan, add half of the sauce, toss it for a few minutes over the fire; then dress the cabbage on a warm dish, lay the carved goose over it, the best pieces on top, and arrange

the bacon and sausages in a circle around the dish; serve the remaining sauce in a sauce bowl.

Goose à la Chipolata.—Season a well-cleaned young goose with 1 tablespoonful salt, lay it in a double roasting pan, pour over 2 ounces melted butter, and put the goose fat in the bottom of pan; cover the pan tightly, and place it in a hot oven to roast; baste the goose with its own gravy every 15 minutes, roast until done. Remove the shells and brown skins from ½ pound large chestnuts, place the nuts in a saucepan, cover with stock, add 1 teaspoonful sugar, and boil till done and nearly dry. Melt 1 ounce butter in a saucepan, add 1 tablespoonful fine-cut raw ham, 1 fine-chopped onion, 1 parsley root, 1 bay leaf, and 12 whole peppers, stir and cook 5 minutes; add 1 tablespoonful flour, stir and cook 2 minutes; add 1½ cupful broth or boiling water with 1 teaspoonful beef extract, 1 even teaspoonful salt, cook 5 minutes; then strain the sauce into a clean saucepan, add ½ pint small mushrooms, 6 small truffles, 1 gill of Madeira or sherry wine, a little Cayenne pepper, cook slowly 10 minutes. Carve and lay the goose on a warm dish, the best pieces on top, put ½ pint of cooked carrot balls, ½ pint of small cooked onions, the ruffles, and mushrooms in small clusters in a circle around the dish; pour a little sauce over the vegetables, and serve the remaining in a sauce bowl.

Goose, Pickled.—Cut a well-cleaned goose into pieces as a chicken is cut for fricassee. Place the meat in a saucepan, cover with half water and half vinegar, season with 1 tablespoonful salt, 1 tablespoonful sugar, 1 teaspoonful whole peppers, 2 bay leaves, 3 onions with 3 cloves stuck into each one, cover and cook till tender; then lay the meat into a stone jar, strain the broth, remove the fat, pour the broth over the meat; leave the jar open till cold, then tie it up with paper, and keep it in a cool place. This may be served cold. If wanted hot, place the desired quantity of meat and broth in a saucepan over the fire; as soon as it begins to boil melt 1 ounce butter in a saucepan, add 1 tablespoonful flour,

stir and cook 2 minutes; add it to the saucepan, boil 5 minutes; then serve with farina or potato dumplings or plain boiled potatoes. Old geese may be taken for pickling; if they should have a tendency to be oily, put them in a large kettle of boiling water, add to every goose 1 tablespoonful baking soda, boil 30 minutes; then take them out and plunge into cold water; wash the geese inside and outside several times in cold water, then cut them into pieces, and proceed as directed above.

Gänseklein or Schwarzsauer.—Take the wings, feet, neck, heart, gizzard, and the blood of several geese. Put the feet for 1 minute into boiling water, then take them out, rub off the skin, cut off the nails, remove the eyes from the head, chop off the bill, cut the neck into 3, the wings into 2 pieces; wash all in cold water, place in a saucepan, and cover with water. Set the saucepan over the fire, add to every quart of water ½ tablespoonful salt, 2 onions with 3 cloves stuck into each one, 1 bay leaf, 12 whole peppers, 3 sprigs of parsley tied together with 1 sprig of thyme, cover and cook till tender. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour, stir and cook 2 minutes; add 1 quart from the broth in which the goose trimmings are cooked, boil 5 minutes; add the blood and sufficient vinegar to give it a nice sour taste; add 1 tablespoonful sugar and ¼ teaspoonful pepper, cook 2 minutes; then strain into a clean saucepan; take the goose pieces with a skimmer from the saucepan, put them in the sauce, and serve with bread, farina, or potato dumplings.

Pâté Froid de Foie Gras.—Trim nicely 2 large fat goose livers, procure also ¼ pound of truffles; cut 2 ounces of truffles into narrow strips, and lard the livers with them; place the livers and the remaining truffles into a bowl, season them with 1 tablespoonful spiced salt; chop the trimmings of liver and truffles very fine. Fry 2 ounces of larding pork in a saucepan until it begins to turn a light delicate brown, add 2 fine-chopped onions, cook 5 minutes without browning; add the fine-chopped liver trimmings; remove

from fire, put it in a bowl; add 1 pound fine-chopped fresh fat pork, 1 pound fine-chopped pork tenderloin, and ½ gill of rum; pound these ingredients to a fine paste, season with 1 tablespoonful spiced salt (or season to taste). Put a layer 1 inch thick of this forcemeat into a tureen, over this 1 liver cut into halves; cover with a layer of forcemeat and truffles, lay over the halves of the second liver; again cover with forcemeat and lay over this slices of larding pork, then put on the cover of the tureen and place it in a pan of hot water. Set the pan in a medium-hot oven, and bake from 2 to 2½ hours, then remove and set aside to cool. If the pâté is to be used at once; boil 1 gill of Madeira wine with 1 spoonful beef extract for 5 minutes; pour it over the pâté while yet warm. If intended to be kept for any length of time, remove the pork, pour over first some melted aspic, and then some melted leaf lard, put on the cover, pasting a strip of paper around it. The pâté is generally served in a border of clear aspic. Dip a tablespoon into hot water, then cut with the spoon small portions the size of an egg out of the pâté, lay them in the border, and put on ice till serving. In place of baking the pâté in a tureen, a tin form with a tight-fitting cover may be taken. In place of goose livers, 1 pound of duck or turkey livers may be taken.

Aspic de Foie Gras.—Lard 2 large fat goose livers with truffles, and place them on a low saucepan; place another saucepan with 4 ounces fine-cut larding pork over the fire, fry for a few minutes; add 1 gill of fine-chopped onions, 12 whole peppers, and a bouquet, cook and stir 5 minutes; add 1 pint of chicken or veal broth, ½ gill of sherry or Madeira wine, 1 even teaspoonful salt, and cook 15 minutes; strain the liquid over the livers, cover and place over a moderate fire, and cook 20 minutes; remove from fire, let the livers cool in the liquor, cut them into slices; dip each piece separately into white Chanfroix sauce, and set them on ice till firm. Set a plain form into cracked ice, pour in some aspic; as soon as firm, decorate it with the white of hard-boiled eggs cut into fancy

shapes and truffles or boiled beef tongue; pour over a little aspic; when firm put in a layer of liver pieces, cover with aspic; when cold put in the remaining liver, fill the form with aspic, and set aside till firm. When ready to serve, turn the aspic on to a round dish, and garnish with water cress. Meat of all kinds of game may be prepared in the same way.

Escalops de Foie Gras à la Maintenon.—Cut 2 fat goose livers into ¼-inch-thick slices 15 minutes before serving; season with 1 even tablespoonful salt, roll in flour, and fry light brown in butter. Prepare a fine chicken or veal forcemeat, put it into a well-buttered border form, set the form in a pan of hot water, cover with buttered paper, and bake 25 minutes in a medium-hot oven. When ready to serve, turn the forcemeat border on to a warm dish, place the escalops on top, and lay on each one 1 slice of truffle (which should have cooked a few minutes in Madeira wine), put in the center a ragoût prepared as follows: Prepare 1 pint Madeira sauce, add ½ pint small canned mushrooms, 3 truffles cut into slices, cook 10 minutes; add 12 small chicken balls or veal forcemeat balls previously boiled in salted water. Pour the ragoût in the center of the border, and serve.

Escalops de Foie Gras à la Badoise.—Cut 2 fat goose livers into ¼-inch-thick slices (escalops); season with salt and pepper, dust with flour, then dip in beaten egg, and cover with mixed fresh grated bread crumbs and grated Parmesan cheese; fry light brown in boiling fat; lay them in a circle on a low forcemeat border, and place in the center a chestnut purée. Serve with Spanish sauce, or place the escalops in two rows on a warm dish, and put between them the chestnut purée.

Escalops de Foie Gras à la Dauphine.—Place a saucepan with 1 fine-chopped onion and 1 ounce butter over the fire, add 1 bay leaf and 12 whole peppers, cook 5 minutes; then add 1 pint of stock, cook 15 minutes. Season 2 goose livers with 1 teaspoonful salt, place them in a saucepan, strain over the broth, cook slowly 20

minutes; then remove, and let the livers cool in the broth. Prepare a Villeroi sauce, cut the livers into even slices, dip into the sauce, lay them on a flat dish, let stand till the sauce is firm; then dip them into beaten egg and fresh-grated bread crumbs, and fry in hot fat. Arrange the escalops in a circle on a low forcemeat border, and put in the center a purée of green peas, or arrange the liver in two rows on a hot dish, leaving a space between the rows; fill the space with stewed green peas.

Petites Caisses de Foie Gras.—Take 2 goose livers, season them with salt and pepper; roll them in flour, and fry light brown in half butter and half lard. Melt in a small saucepan 1 ounce butter, add 1 fine-chopped onion, cook 5 minutes; then add 2 tablespoonfuls Rhine wine, 1 cupful chicken broth, cook a few minutes; cut the livers into small pieces, add them to the sauce, season with 1 even teaspoonful salt; ½ even teaspoonful pepper, cook 5 minutes longer; then prepare a chicken forcemeat. Brush the sides of 6 small paper boxes with butter, and dry them in the oven for a few minutes; press evenly on the sides and bottom of each box a spoonful of the forcemeat; put the above preparation in the center; cover each box with a thin slice of larding pork, and bake 12 minutes in a hot oven; remove the pork, put a little sauce over each one, and serve.

Petites Bouchées de Foie Gras.—Wash and season with pepper and salt 2 goose livers, roll in flour and fry them light brown in butter. Melt in a small saucepan 1 ounce butter and 2 tablespoonfuls of fine-chopped onion, cook 5 minutes; then add 4 chopped mushrooms, 1 fine-chopped truffle, 1 tablespoonful fine-cut boiled ham, 1 teaspoonful fine-chopped parsley, cook 5 minutes; add a small tablespoonful flour, cook 2 minutes; then add 2 tablespoonfuls white wine, 1 cupful chicken broth, cook a few minutes; cut the livers into small pieces, add them to the sauce, season with 1 even teaspoonful salt, ½ even teaspoonful pepper, cook 5 minutes; fill this into 6 hot bouchées (patty cases), and serve. (For the prepara-

tion of bronchées, see my book Desserts and Salads, Jelly Tarts, recipe 711.)

DUCK.

Duck roasted à l'Allemande.—Select a fine young duck, singe, draw, and wash it quickly in cold water, dry it with a clean towel; season the duck inside with 1 teaspoonful salt, then set aside until the filling is prepared. Place a saucepan with 1 tablespoonful butter over the fire; add 1 cupful seedless raisins, ½ cupful currants, 1 tablespoonful currant or apple jelly, 2 tablespoonfuls of sugar, and 1 heaping pint peeled and sliced apples; cover and cook till the apples are tender, but not broken; then turn the contents of saucepan into a bowl, and when cold add ¾ cupful grated bread crumbs and 1 egg, and mix all together; stuff the duck with this, sew it up, twist the wings over the back, run a skewer through the thighs and body; rub 1 even tablespoonful salt all over the duck, lay it in a roasting pan, spread 2 ounces butter over the breast, set the pan in a medium-hot oven to roast, baste frequently until the duck is light brown on all sides; then add ½ pint of the giblet broth described below; continue to roast, basting frequently until the duck is done (if the gravy should get too brown, add a little more broth). Place the well-cleaned feet, giblets, and neck in a saucepan, cover with cold water; when it boils, add ½ teaspoonful salt and 1 onion, boil 1½ hour; then strain the broth into a clean saucepan. Ten minutes before serving, lay the duck on a warm dish, free it from threads and skewers; remove the fat from the gravy; mix 1 tablespoonful cornstarch with ½ gill of cold water, add it to the gravy, stir and cook 3 minutes on top the stove; add sufficient giblet broth to make a creamy sauce, cook 5 minutes; then strain the sauce into a small saucepan; mash the boiled duck liver with a spoon or grate it, then add it to the sauce, also a small piece of butter, and stir 2 minutes over the fire; then pour it in a sauce bowl, and serve with the duck.

Duck roasted à l'Américaine.—Select a fine young duck weighing about 4 pounds; singe, draw, and wash it in cold water

and dry it with a clean towel, season the inside with 1 teaspoonful salt, and stuff it with a preparation made as follows: Peel and wash 8 medium-sized potatoes; place them in a saucepan, with 1 quart cold water, over the fire; add 1 tablespoonful salt, cover and boil till done, then drain off the water; return the saucepan for a few minutes to the fire to dry the potatoes, then mash them fine. Melt 2 ounces butter in a saucepan, add 1 gill of fine-chopped onions, cover and cook 5 minutes without browning the onions; add them to the potatoes; also add $\frac{1}{2}$ even teaspoonful pepper, $\frac{1}{2}$ even teaspoonful salt, 1 teaspoonful thyme, $\frac{1}{4}$ teaspoonful sage, the yolk of 1 egg, and last the whites beaten to a stiff froth; mix all well together; stuff this into the duck, sew it up, run a skewer through the body and thigh; rub 1 even tablespoonful salt all over the duck, lay it in a roasting pan, and spread 2 ounces butter over the breast; set the pan in a medium-hot oven to roast; baste and turn frequently until the duck is of a light-brown color. Place the giblets in a saucepan, cover with cold water; add $\frac{1}{2}$ teaspoonful salt, and when it boils add 1 onion, cook $1\frac{1}{2}$ hour; then strain the broth. As soon as the duck is of a light-brown color on all sides, add 1 cupful giblet broth; roast and baste till done. Shortly before serving lay the duck on a warm dish, remove skewer and threads; free the gravy from the fat, mix $\frac{1}{2}$ tablespoonful cornstarch with a little cold water, add it to the gravy, stir and cook 3 minutes on top the stove; add sufficient giblet broth to make a creamy sauce, cook 5 minutes; then strain; pour the sauce into a sauce bowl, and serve with the duck. The giblets may be chopped fine and added to the gravy if liked.

Duck roasted in Butter.—Select a pair of fine young ducks, singe, draw, wash, and wipe them dry; season each one with 1 tablespoonful salt, rub the salt in and outside all over the duck; lay them in a roasting pan, pour over each one 2 tablespoonfuls melted butter; place the pan in a medium-hot oven (have some melted butter in small saucepan, standing on side the stove), roast and

baste the ducks frequently with melted butter; if the gravy in the pan should become too brown and show a tendency to burn, pour ½ gill of cold water in the bottom of the pan; this will check the burning at once; but if the oven is at a medium heat this will not be necessary. When ready to serve lay the ducks on a warm dish; remove the fat from the gravy, add a little bouillon or broth to the gravy, boil 3 minutes; then strain and serve with the duck. Serve with apple jelly and lettuce salad.

Salmi of Duck.—Procure a fine young duck; singe, draw, and wash it; cut off the wings, breast, and legs; lay the feet for 1 minute into boiling water, then take them out, rub off the skin, and wash them in cold water; place them, with the neck, back, and giblets of the duck, in a saucepan; add 1 quart of cold water and ½ teaspoonful salt; set the saucepan over the fire; when it begins to boil add 1 onion and a bouquet, cook 1 hour; then strain the broth into a clean saucepan; season the duck with 1 even tablespoonful of salt and 1 even teaspoonful pepper. Place a saucepan with 2 ounces of butter over the fire, put in the duck pieces, cover and cook 20 minutes, turning them often with a fork. In the meantime melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; then add 1 pint of the broth mentioned above, also 1 gill of Madeira or sherry wine, cook 5 minutes, and add it to the duck; add 2 tablespoonfuls lemon juice, cook slowly 15 minutes. Dress the salmi on a warm dish, the best pieces on top, and decorate with 6 heart-shaped bread croûtons.

Salmi of Duck à la Milanaise.—Cut the wings, breast, and legs from 2 fine, well-cleaned young ducks; place the backs in a roasting pan, pour over a little melted butter, roast 10 minutes; then remove, chop fine, and put them in a saucepan. In the meantime place the well-cleaned feet, giblets, and neck in a saucepan over the fire; cover with 1 quart cold water, add 1 teaspoonful salt; when it begins to boil add 1 onion, a small piece of carrot, 12 whole peppers, and a bouquet, boil 40 minutes; then strain the broth over

the chopped backs in the saucepan, set it over the fire, cook 20 minutes; then strain the broth into a saucepan. At the same time place a saucepan with 2 ounces butter over the fire, add the breast, wings, and legs; season with 1 even tablespoonful salt, 1 even teaspoonful pepper, ½ teaspoonful nutmeg, cover and cook 15 minutes, turning the pieces often with a fork. In the meantime place a saucepan with 1 ounce of butter and 1 fine-chopped onion over the fire; add 1 bay leaf and 12 whole peppers, cook 5 minutes without browning; then add 1 tablespoonful flour, cook and stir 3 minutes; add ½ pint canned tomatoes and 1 pint of broth described above, cook 10 minutes; then strain the sauce, and add it to the ducks in saucepan; add 1 gill of cooked beef tongue cut into small narrow strips, 10 fine-cut mushrooms, cook till done. Dress the ducks on a warm dish, and garnish with slices of fried hominy or slices of bread fried in butter.

Duck à la Valencia.—Cut the wings, breast, and legs from 2 young ducks, season them with 1 tablespoonful salt, ½ teaspoonful pepper. Place a saucepan with 2 ounces of butter over the fire; add the wings, breast, and legs; cover and cook 20 minutes, turning the pieces over occasionally with a fork. Chop the 2 backs of the ducks into small pieces; place them in a saucepan with 1 ounce butter over the fire; stir and cook 10 minutes; add 1½ pint of broth (made from the cleaned feet, neck, and giblets of the ducks), cook 20 minutes; then strain the stock. Melt 1 tablespoonful butter in a small saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add the stock described above, also ½ gill of Madeira wine, 2 tablespoonfuls lemon juice, and 1 cupful stoned olives, previously parboiled in water; season with 1 even teaspoonful salt, and ½ even teaspoonful pepper, boil 5 minutes; then add this sauce to the ducks in saucepan, cook until tender; then serve. Dress on a warm dish, and garnish with a border of farina dumplings, fry a few tablespoonfuls grated bread crumbs brown in butter, sprinkle them over the dumplings, and serve.

Duck à la Catalonia.—Cut off the wings, breasts, and legs from 2 well-cleaned young ducks, season with 1 tablespoonful salt and ½ teaspoonful pepper. Place a saucepan with 2 ounces fine-cut larding pork over the fire, fry till it begins to turn straw-color; add 1 ounce butter or olive oil, a small clove of bruised garlic, and the duck pieces; cover and cook 20 minutes. Place the backs of the ducks in a saucepan, cover with cold water, add ½ teaspoonful salt; when it boils add 1 onion and a bouquet, boil 40 minutes; then strain the broth into a clean saucepan. Melt 1 ounce butter in a saucepan, add ½ gill fine-chopped onions, 1 tablespoonful fine-cut raw ham, 1 tablespoonful grated carrots, 1 bay leaf, 12 whole peppers, stir and cook 5 minutes; add 1 tablespoonful flour, stir and cook 2 minutes; add 1½ pint of broth mentioned above, cook slowly 10 minutes; then strain, add it to the duck in saucepan, and cook till tender. Five minutes before serving add 2 tablespoonfuls lemon juice. At the same time place a saucepan with ½ pint of small well-cleaned white onions over the fire, add ½ teaspoonful salt, cook 10 minutes; then drain on a sieve and return them to the saucepan, add 1 teaspoonful butter, ¼ teaspoonful salt; toss them for a few minutes over the fire, then set aside. Place at the same time 1 pint carrot balls with ½ tablespoonful sugar in a saucepan over the fire, cover with boiling water, and cook till done; then drain off the water, add ½ ounce butter and ¼ teaspoonful salt, toss them for a few minutes over the fire, add them with the onions to the duck, cook 5 minutes; remove from fire and serve on a warm dish.

Salmi of Ducklings.—Season a pair of young ducks with salt and pepper, place them in a roasting pan, spread over the breasts and thighs 2 ounces butter, place the pan in a medium-hot oven, roast and baste frequently with melted butter till done. Remove the ducks from the pan, cut off the wings, breasts, and legs, chop the carcasses into small pieces, place them in a saucepan with 1 ounce butter, 1 gill of fine-chopped onions, stir and cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; add 3 gills of

broth, 2 gills of red wine, 1 teaspoonful coarsely pounded peppers, and cook 10 minutes. Arrange the duck on a warm dish, strain the sauce over it, and decorate with 6 heart-shaped croûtons.

Salmi of Cold Roasted Duck.—Cut the meat of cold roasted ducks into nice slices, chop the carcasses into small pieces, place them with 1 fine-chopped onion in a saucepan, add 2 cupfuls stock or boiling water with 1 teaspoonful beef extract, 1 bay leaf, 2 cloves, 12 coarsely pounded peppers, ½ pint red wine, if handy, a little fine-cut ham, boil 15 minutes; then strain this essence into a clean saucepan. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add the essences, cook 5 minutes, then taste; if necessary, add a little salt; put in the duck meat, let it simmer 10 minutes, then serve with potato croquettes.

Ducks with Brown Kale.—Strip the leaves from 4 large heads of brown kale, wash several times in cold water, place them in a large saucepan over the fire, cover with boiling water, cook 10 minutes; then drain the kale on a sieve, lay it on a chopping board, and cut it coarsely with a knife; return the kale to saucepan again, place a well-cleaned duck in the center, add sufficient boiling water to barely cover; season with 1 tablespoonful salt and ½ teaspoonful pepper, add 2 fine-chopped onions, and cook till tender; when the duck is done, remove it, lay it on a dish, and set it in a warm place; continue to cook the kale until done, then taste; if necessary, add more salt and serve.

Ducks aux Olives.—Singe, wash, and draw 2 young ducks, truss them nicely, season with 1 tablespoonful salt; place the ducks in a roasting pan, spread 2 ounces butter over the breasts; place the pan in a medium-hot oven and roast till light brown on all sides; then add a bouquet, 1 gill of white broth and 1 gill of white wine, cover with buttered paper, and roast till done. Melt 1 ounce butter in a saucepan, add ½ gill of fine-chopped onion, ½ gill grated carrots, 1 bay leaf, 12 whole peppers, 1½ gill fine-chopped ham, stir and cook 5 minutes; add 1 tablespoonful flour, cook 2

minutes; add ½ pint broth, ½ gill Madeira wine, 1 even teaspoonful salt, ¼ teaspoonful pepper, 1 gill mushroom liquor, cook 10 minutes. Lay the ducks on a warm dish, remove the fat from the gravy, add the gravy to the above Madeira sauce with 1 teaspoonful beef extract, cook for a few minutes, then strain. In the meantime prepare a fine chicken forcemeat. Remove the pits from 1 pint salted olives, lay them for 15 minutes in cold water, then fill them with chicken forcemeat; butter a plain border form, lay the olives in rows over one another, then fill the form with forcemeat; set the form in a pan of hot water, cover with buttered paper, place the pan in a medium-hot oven, and bake 30 minutes; then turn the border mold on to a warm dish. Carve the ducks into nice pieces, lay them in the border, the best pieces on top, pour over a little of the Madeira sauce, and serve the remaining sauce in a sauce bowl.

Ducks with Sauerkraut.—Place a saucepan with 1½ quart sauerkraut over the fire, cover with white broth. Place at the same time 1 pound lean bacon in another saucepan, cover with cold water, boil 1 hour; then remove the bacon and rinse off with cold water; lay the bacon in the center of the sauerkraut and boil till done. Lay the bacon on a warm dish, put the kraut in a colander, let all the liquid drain off; return it to the saucepan, add ½ pint Rhine wine, stir and cook 10 minutes; butter a plain border form, put in the sauerkraut, and set it in a warm place. In the meantime place 2 well-cleaned young ducks in a braising pot or large low saucepan, lay thin slices of pork under the ducks, add 4 ounces raw ham, 1 onion, a small carrot, and a bouquet; lay a few slices of pork over the breasts, then add sufficient boiling broth to reach half way up the ducks; add ½ pint white wine, cover the ducks with a buttered paper, put on a tight cover, and cook slowly till the ducks are tender, which will take from 1 to 1½ hour. Shortly before serving remove the ducks, strain the broth and free it from fat, reduce it by boiling to one half. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add the broth from the ducks, also 6 fine-cut mushrooms and 2 fine-cut truffles;

if the sauce is too thin, reduce it by boiling; if too thick, add a little white broth. When ready to serve, turn the sauerkraut out of form on a warm dish; carve the ducks nicely, lay them in the center, pour a little of the sauce over the ducks, and serve the remaining sauce in a sauce bowl; cut the bacon into nice even slices and lay them on top the border, and serve.

Ducks, Hanovarian Style.—Singe, draw, and wash 2 young ducks, season them with 1 tablespoonful salt; tie over the breast of each duck a large thin slice of larding pork, place them in a roasting pan, spread 1 ounce butter over each one, then set the pan in a medium-hot oven, roast and baste frequently with melted butter and their own gravy till done. At the same time strip the leaves from 3 heads of brown kale, wash it 3 times in cold water; place the kale in a saucepan, cover with boiling water, and cook 10 minutes; then drain the kale in a colander, place it on a board, and chop it coarsely. Place a saucepan with 4 ounces pure leaf lard, duck fat, or beef fat over the fire; add the kale and 1 pint of giblet broth, and season with 1 even tablespoonful salt and 1 even teaspoonful pepper. Place 1 pound of lean bacon in a saucepan, cover with cold water, boil 20 minutes; then lay the bacon in the center of the kale, cover and boil till tender. Shortly before serving remove the bacon to a warm plate; pour the kale in a colander, drain off all the moisture, then put it into a buttered border form and set it in a warm place. Take out the duck, pour the gravy into a saucepan, pour off most of the fat, then add 1 tablespoonful flour to the gravy, stir and cook over the fire 3 minutes; add sufficient giblet broth to make a creamy sauce, boil 5 minutes; then strain; carve the ducks nicely, turn the border of kale on to a warm dish, and put the ducks inside the border, laying the nice pieces on top; pour over a little of the sauce and serve the remaining sauce in a sauce bowl; cut the bacon into neat slices and lay them on top the border. Place the well-cleaned feet, neck, and giblets of the ducks in a saucepan over the fire, cover with cold water; add 1 teaspoonful salt and 1 onion, cook 1 hour; then strain, and use as described above.

PIGEON OR SQUAB.

Pigeon Cutlets with Olives.—Singe, draw, and wash 3 young pigeons, dry them, cut off the necks, wings, and feet, then bone them, leaving the legs on, which are pushed through the skin, to give the form of a cutlet. Lay the cutlets in a pan with 2 ounces of melted butter, place over the fire, and cook 3 minutes on each side; remove to a plate, press them a little, and set aside to cool. Trim the cutlets neatly 15 minutes before serving; season them with pepper and salt; mix the yolk of 1 egg with 1 ounce cold melted butter; dip the cutlets into the butter, cover with fresh grated bread crumbs, lay them on to a hot broiler, and broil light brown on both sides. Remove the pits from 1 pint of salted olives, soak ½ hour in cold water, place them with boiling water in a saucepan over the fire, cook 5 minutes; drain and cool in cold water; when cold, dry and stuff them with chicken or veal forcemeat. Place a saucepan with 1 ounce butter over the fire; add 1 tablespoonful fine-chopped onion, the same of grated carrot and fine-cut ham, 1 bay leaf, 12 whole peppers, cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint white broth and 1 even teaspoonful salt, cook slowly 10 minutes; then strain the sauce into a clean saucepan, put in the olives, and cook them slowly 8 minutes. Glaze the pigeon cutlets with a little glaze; dress on a hot dish, and arrange the olives on each side of them; serve the sauce in a sauce bowl.

Pigeon Cutlets à la Dauphine.—Bone and split 3 young fat pigeons, leaving on the legs and drawing them inside through the skin; lay in a deep frying pan with 2 ounces butter, cook 4 minutes on each side; then remove; lay the cutlets on a flat dish, put a light weight over them, and set aside; when cold trim neatly and cover them with Villeroi sauce (see VILLEROI SAUCE); let them stand in a cool place till the sauce hardens, then dip the cutlets into fresh grated bread crumbs, next into beaten egg, then again into bread crumbs; fry them light brown in hot fat. Arrange the

pigeon cutlets in a row, one overlapping the other, on a hot dish, and place on each side some stewed green peas (about 1 quart of shelled peas in all) or 2 cans of French peas. In place of peas, cooked carrot balls may be taken, or asparagus tops à la crême; also small cauliflower roses or Brussels sprouts may be used.

Pigeon Cutlets à la Toringo.—Prepare and cook the cutlets the same as in foregoing recipe; dress in center of a hot dish ½ pound macaroni à la crême, pour over ½ pint of tomato à l'allemande sauce; arrange the cutlets in a circle around it, and serve with some of the tomato sauce in a sauce bowl.

Fillets of Pigeons à la Pompadour.—Remove the skin from the breasts of 6 well-cleaned pigeons; cut off and lift the breast from each one, leaving on the small wing bone; season with a little salt. Lay the fillets into a frying pan with 2 ounces melted butter, cook slowly 4 minutes on each side without browning; remove, and when cold cover each fillet with chicken or veal forcemeat, to which a few fine-cut truffles and mushrooms have been added; place them in a pan with melted butter, set the pan in a medium-hot oven, and cook 10 minutes without browning; then remove. In the meantime have a plain rice border prepared, arrange the fillets on top the rice border, and fill the center with a mushroom or lobster ragoût.

Pigeon, Roasted.—Pick, draw, and wash 6 young pigeons; season them with salt; tie a thin slice of larding pork over the breast of each; place them in a roasting pan, pour a little melted butter over each one; set the pan in a medium-hot oven; roast, and baste frequently first with melted butter then with their own gravy until done (if the gravy should get too brown, add 1 gill of boiling water). When ready to serve split the pigeons into halves; arrange them nicely on a warm dish, overlapping one another; free the gravy from fat; add a little broth to the gravy, pour it over the pigeons, and serve. Or mix 1 teaspoonful cornstarch with ½ gill of cold water; add it to the sauce, stir and cook 2 minutes; add suffi-

cient broth to make a creamy sauce; continue to cook for a few minutes; strain, and pour 1 tablespoonful over each pigeon, and serve the remaining sauce in a sauce bowl.

Pigeon, Potted.—Place a saucepan with 2 ounces fine-cut larding pork over the fire; fry light brown; season 3 well-cleaned and prepared pigeons with ½ tablespoonful salt; place them in the saucepan; add 4 ounces butter, cook and turn until they are light brown on all sides; then add 1 gill of broth, cover, and cook slowly till they are done (if necessary, add more broth). Place the giblets in a saucepan, cover with cold water; add a little salt, set them over the fire, and cook till tender; then remove the giblets and chop them fine. Fry 6 slices of bread light brown in butter, lay them on a warm dish; cut the pigeons in halves, lay one half on to each slice of bread; remove all fat from the gravy; mix ½ tablespoonful cornstarch with ½ gill cold water, add it to the gravy; also sufficient broth to make a creamy sauce, cook 5 minutes; then strain into a clean saucepan, add the chopped giblets, cook 3 minutes; pour the gravy over the pigeons, equally divided, garnish with a little water cress, and serve.

Pigeons or Squabs Roasted.—Pick and clean 6 young pigeons; stuff them with the following preparation: Soak 4 ounces stale baker's bread without the rind in cold water till soft, then press out all the water; melt 2 ounces butter in a saucepan, add the bread, and stir till it forms a stiff paste; then remove to a bowl; add 1 egg, ½ even teaspoonful salt, ¼ even teaspoonful pepper, ½ teaspoonful thyme, 1 teaspoonful grated onion, and ¼ teaspoonful nutmeg; mix all well together; make an incision on each side of pigeons, through these draw the legs; stuff with the above preparation, and sew up; season with 1 even tablespoonful salt evenly distributed all over; tie a large thin slice of larding pork over the breast of each one; then place in a roasting pan; pour over each pigeon a little melted butter; place the pan in a medium-hot oven; roast until light brown on all sides, basting them with their own

gravy; then add ½ cup broth or boiling water; continue to roast till done, which will take from 40 to 60 minutes. Shortly before serving lay the pigeons on a warm dish; remove all fat from the gravy; mix ½ tablespoonful cornstarch with ½ gill cold water, add it to the gravy, stir and cook 30 minutes; add ½ pint of broth or stock, cook 5 minutes; then strain. Cook the giblets in water with a little salt; rub the cooked livers fine, and add them to the sauce; pour a little sauce over each pigeon, and serve the remainder in a sauce bowl; or chop the pigeon livers fine, and mix them with the bread filling. Pigeons may also be stuffed with veal or chicken forcemeat or chestnut purée.

Pigeons with Rice.—Place 3 or 4 well-cleaned pigeons in a saucepan over the fire, cover with boiling water; add ½ tablespoonful salt, 2 white onions, a bouquet, and a small carrot; boil until tender. Place ½ pound well-washed rice in a saucepan over the fire, cover with boiling water, cook 5 minutes; drain, and rinse off with fresh cold water; return the rice in a saucepan to the fire; add 1½ pint of the pigeon broth, cook over slow fire till the rice is done, but the kernels not broken. Shortly before serving turn the rice on to a warm dish, add 2 ounces butter in small pieces; then with 2 forks mix the rice and butter together; give the rice a dome shape, smooth it over with a knife; cut the pigeons in half, arrange them as a border around the rice, and serve.

Pigeon with Peas.—Place 3 or 4 well-cleaned pigeons in a saucepan with 1 ounce raw ham, 1 ounce salt pork, 1 small carrot cut into slices, 1 onion, a bouquet, and 6 whole peppers; add sufficient boiling veal or chicken broth or water to reach half way up the pigeons; cover with buttered paper; set the saucepan over the fire till the pigeons are nearly done; remove the pigeons to a pan large enough to receive them; strain the broth, free it from all fat, pour the broth over the pigeons; set the pan in a hot oven, and let cook till the broth is a half glaze, baste frequently. At the same time place a quart of fresh shelled peas in a saucepan over the fire;

barely cover with boiling water; add 1 teaspoonful sugar, and boil till tender and nearly dry; then mix 1 ounce butter with ½ teaspoonful flour, add it to the peas; add 1 even teaspoonful salt and 2 tablespoonfuls cream, cook 3 minutes; then add 1 tablespoonful fine-chopped parsley; remove from fire, not letting them boil with the parsley. Arrange the peas in the center on an oblong dish, cut each pigeon in half; lay them in 2 rows on the dish with the peas between them; pour a little of the glaze over each one, and serve. In place of peas, glazed carrot balls, small cauliflower roses covered with sauce, Brussels sprouts, chestnuts, mushrooms, olives, spaghetti, or nudles may be used.

Indian Curry of Chicken.—Cut a well-cleaned young chicken of 2½ pounds into 2-inch pieces, season them with 1 tablespoonful salt. Place a saucepan with 3 ounces butter and ¾ cupful fine-cut onion over the fire, stir and cook till the onion begins to turn straw-color; then add 1 tablespoonful curry powder, stir and cook 5 minutes over a slow fire; next add the chicken, cook 15 minutes, stirring frequently; add 1 pint of boiling water, let simmer over a moderate fire 2 hours; if the liquor boils away, add a little more water, and serve with boiled rice.

Rice boiled Indian Style.—Wash 1 pound best rice, place it in a saucepan, cover with 2 quarts boiling water, cover and cook till the rice is soft but not broken; drain off the water, rinse off several times with cold water, return the rice to the saucepan, put on the lid, set the saucepan for 1 hour on side of stove to dry. Rice prepared in this way is always served with Indian curry dishes. If the rice is to be served with meat, then boil it with 1 teaspoonful salt, and when done, drained, and rinsed, put 1 tablespoonful butter in the center of rice and leave it on side the stove for 1 hour.

SALPICON.

Salpicon à la Toulouse, No. 1.—Cook 1 blanched and prepared sweetbread 10 minutes in 1 ounce butter; then cut it into small dice-shaped pieces; add an equal portion of cooked beef tongue, mushrooms, and 3 truffles all cut the same way. Then place a saucepan over the fire with 1 ounce butter; add 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint chicken broth, 1 gill of mushroom liquor, ½ even teaspoonful salt, and ½ gill of Rhine wine; cook slowly 5 minutes; then add to the sauce all the above ingredients; cook 5 minutes longer. Mix the yolks of 2 eggs with 1 gill of cream; add them to the salpicon, stir for a minute; then serve.

Salpicon à la Toulouse, No. 2.—Cut 1 ounce raw lean ham into small pieces and put them in a saucepan over the fire; add 1 tablespoonful fine-cut onion, a bouquet, and 12 coarsely pounded peppers; cover with 1½ gill Madeira or sherry wine; cook until reduced to one half, then strain this essence and set aside till following sauce is made: Place a saucepan with 1 ounce butter and 1 tablespoonful fine-chopped onion over the fire; cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; add ½ cupful canned tomatoes, ½ pint of broth, and the essence mentioned above; season with 1 even teaspoonful salt and ½ teaspoonful pepper, cook 10 minutes; strain into a clean saucepan; add 1 pint of fine-cut cooked calf's head, ½ pint fine-cut mushrooms, 2 fine-cut truffles; cook slowly 10 minutes; then serve.

Salpicon à la Financière.—Melt 1 ounce butter in a saucepan; add a small bouquet, 1 tablespoonful fine-chopped onion, the

same of ham and mushrooms, cook 5 minutes; add 1½ gill white wine, cook until reduced to one half. Place a small saucepan with 1 tablespoonful butter and the same of flour over the fire, stir and cook 3 minutes; add ¾ pint of broth, 1 teaspoonful beef extract, ½ even teaspoonful salt, cook 5 minutes; then strain. Now strain the above essence, remove the fat, add it to the sauce, and cook 5 minutes longer; then add ½ pint of fine-cut white cooked chicken meat, 3 truffles, 12 canned mushrooms, ½ pint cooked beef tongue, all cut into small dice-shaped pieces; cook slowly on the side of the stove 10 minutes; then serve.

Salpicon à la Royale.—Season 2 goose or 3 chicken livers with salt and pepper; melt 2 ounces butter in a saucepan, put in the livers and cook till done; cook 12 small mushrooms 10 minutes in butter; then remove and cut them into small pieces, add ½ pint of white cooked chicken meat, cut into small dice-shaped pieces. Place a saucepan with 1 ounce butter over the fire; add 1 tablespoonful flour, stir and cook 3 minutes; add ¾ pint boiling milk, a small bouquet, ½ teaspoonful nutmeg, 1 gill of mushroom liquor, 12 whole peppers, 1 even teaspoonful salt, and cook 5 minutes; strain; add all the above ingredients and cook 5 minutes longer; then serve.

Salpicon à la Palermotaine.—Place a saucepan with 1 ounce butter and 1 gill of fine-chopped onions over the fire, cook 5 minutes; add ½ tablespoonful flour, stir and cook 2 minutes; then add ½ can tomatoes, ½ teaspoonful salt, ¼ teaspoonful pepper, 1 teaspoonful sugar, and cook 15 minutes; strain into a clean saucepan; add ½ pint cooked macaroni cut into ½-inch lengths, ½ pint fine-cut cooked chicken meat, ½ pint fine-cut boiled ham, and, if handy, 3 or 4 fine-cut cooked artichoke bottoms; set the saucepan over the fire, cook slowly 6 minutes; then mix the yolks of 2 eggs with 1 gill of cream, add it to the salpicon, and serve at once.

Salpicon of Lobster.—Melt 1 ounce butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add ¾ pint of

chicken broth, 1 gill of mushroom liquor, a small bouquet, 1 even teaspoonful salt, ¼ teaspoonful nutmeg, 12 whole peppers, and cook 5 minutes; then strain into a clean saucepan; add 1 tablespoonful lemon juice, the fine-cut meat of a 2½-pound boiled lobster, and cook 5 minutes; mix the yolks of 3 eggs with 1 gill of cream, add it to the salpicon, and serve at once. In place of lobster, crab or shrimp may be used.

Salpicon of Fish.—Take any kind of fish with firm meat, either baked or boiled, and cut it into small dice-shaped pieces; place a saucepan with 1 ounce butter over the fire; add 1 tablespoonful flour, stir and cook 3 minutes; then add 1 pint of cream or milk, 1 even teaspoonful salt, 1 gill of mushroom liquor, a small bouquet, 12 whole peppers, and ½ teaspoonful nutmeg; cook 5 minutes; remove the bouquet, and continue the cooking 5 minutes longer; strain in a clean saucepan; add 1 pint of fine-cut cooked fish and ½ cupful fine-cut mushrooms, and, if handy, add 2 fine-cut truffles.

Salpicon of Oysters.—Place 24 large oysters without their liquor in a saucepan over the fire; add ½ gill of Rhine wine, sprinkle over 1 even teaspoonful salt, ½ even teaspoonful pepper; cook 2 minutes, or until they begin to stiffen and ruffle, then take them out, remove the beards, and cut each oyster into 4 pieces. Melt 1 ounce butter in a saucepan; add 1 tablespoonful flour, stir and cook 3 minutes; add ½ pint veal or chicken broth, also the broth in which the oysters were cooked, 1 gill of oyster liquor, cook 5 minutes; mix the yolks of 3 eggs with ½ cupful cream; add it to the sauce; add the oysters and ½ tablespoonful lemon juice, let the salpicon get hot without boiling, and serve.

Salpicon à la Chasseur.—Remove the breast from a roasted prairie hen, cut it into small dice-shaped pieces; add to this 12 fine-cut canned mushrooms, 2 fine-cut truffles, and the cooked liver of the hen. Cut off the legs and second joints and lay them aside; crack the remaining bones into small pieces; cut 1 onion into slices,

lay them in bottom of saucepan, add 3 slices of carrots, 1 ounce fine-cut raw ham, and a bouquet; place the bones on top of this, then cover with broth, add 1 gill Madeira wine and 12 whole peppers; set the saucepan over the fire, cover and cook 1 hour; then strain; reduce the broth to $^3/_4$ pint by boiling. Then place a saucepan with 1 ounce butter over the fire, add 1 tablespoonful flour; stir and cook 3 minutes; add the strained broth mentioned above, 1 gill of mushroom liquor, 1 gill Madeira wine, $^1/_2$ teaspoonful beef extract, 1 even teaspoonful salt, $^1/_2$ even teaspoonful white pepper, and a small bouquet; boil slowly 10 minutes; then strain the sauce into a clean saucepan, add the fine-cut prairie-hen meat, the mushrooms, and truffles; cook 5 minutes; then serve.

GAME.

Redhead, Canvasback, Teal, and Mallard Ducks are in season from September to the end of March.

Canvasback Duck, Roasted.—For 6 persons select 3 fine canvasback ducks, pick off the feathers, and singe them; clean the head, remove the eyes, cut the skin the whole length of the neck from the head down to the body; remove the pouch and windpipe; cut a small opening above the vent, cut out the vent, then with the hand remove the internal organs; wipe the inside and outside with a damp cloth, but if the ducks are too gamey, wash them quickly in cold water, and wipe them dry; run the head down under the wing, and stick the bill into the breast; season with $\frac{1}{2}$ tablespoonful salt and 1 teaspoonful pepper evenly distributed inside and outside of the ducks; bend the wings over the back, run a trussing needle with white cord through the thighs and body, then tie the two ends at the back; next run the needle through the wings, body, and neck, and tie them in the back; put $\frac{1}{2}$ ounce butter into each duck, lay them in a roasting pan, pour 3 tablespoonfuls white broth in the pan, place the pan in the hot oven, and roast 20 minutes or more, according to size. When ready to serve, lay the ducks on a warm dish, remove the threads, surround with fried hominy; present them whole to the guests, remove, and carve only the breasts. Place $\frac{1}{2}$ breast and a piece of the fried hominy with 1 tablespoonful currant jelly for each person on hot plates, and serve. Canvasback ducks are always served rare.

Canvasback Duck with Currant-jelly Sauce.—Roast for 6 persons 3 ducks same way as in foregoing recipe; remove the breasts from the roasted ducks, cut each one into halves, and lay

them into a chafing dish. In the meantime place a saucepan with 1 ounce butter, 1 tablespoonful fine-cut onions, the same of carrots and ham, 1 bay leaf, 12 whole peppers over the fire, cook 5 minutes; add ½ tablespoonful flour, cook 3 minutes; add ½ pint white broth and ½ teaspoonful beef extract, cook 5 minutes; then strain the sauce into a clean saucepan, add 1 cupful currant jelly, 1 gill of orange juice, and 2 tablespoonfuls port wine; place the saucepan over the fire, and stir till the jelly is melted. Pour ½ pint of sauce over the duck meat, dress the breast on a warm dish, surround with bread croûtons, and serve the remaining sauce in a sauce bowl.

Canvasback Duck, Broiled.—Split 2 well-cleaned ducks through the back, season them with 1 even tablespoonful salt and 1 even teaspoonful pepper, brush them over with a little olive oil, and lay the ducks on a hot broiler; broil over a moderate clear fire about 10 minutes on each side, turning them every 5 minutes; dress the ducks on a warm dish; mix 2 ounces butter with the juice of ½ lemon, ½ teaspoonful grated nutmeg, 1 teaspoonful fine-chopped parsley; spread this over the ducks, garnish with water cress, and serve with buttered toast.

Redhead Duck, Roasted.—Select a fine pair of redhead ducks, pick, singe, and draw them the same as the canvasback duck, wipe out the inside with a cloth, or wash them quickly in cold water and dry; season the ducks with 1 tablespoonful seasoning salt evenly distributed inside and outside; put ½ ounce butter into each duck, truss them neatly, and lay them in a roasting pan. Place a pan with 4 ounces fine-cut larding pork over the fire, and fry till the pork turns yellow; then remove and strain; pour 2 tablespoonfuls of this melted pork over each duck and 3 tablespoonfuls water in the pan, set the pan in a hot oven, and roast from 20 to 25 minutes (they should be quite rare). When ready to serve, lay the ducks on a hot dish, untruss, lay 6 slices of fried hominy or bread croûtons around the dish, and serve with crab-apple or currant jelly.

Redhead Duck, Broiled.—Split 2 well-cleaned ducks down the back and flatten them; brush over with melted butter, lay the ducks on a hot broiler, and broil over a clear, moderate fire from 20 to 25 minutes, turning every 5 minutes. Stir 2 ounces butter to a cream; add ½ even teaspoonful pepper, 1 even tablespoonful salt; lay the ducks on to a hot dish, spread over the butter, and serve with currant jelly and buttered toast; garnish with water cress.

Teal Duck, Roasted.—Select 2 nice teal ducks; pick, singe, and draw them, wipe the inside with a damp cloth, truss them neatly, season with salt, allowing 1 even teaspoonful for each duck; put ½ ounce butter in the inside of each one, lay them in a roasting pan. Twenty minutes before serving place the pan in a hot oven and roast 18 minutes; glaze them, and serve on a hot dish; pour a few tablespoonfuls consommé on the dish, and garnish with lemon, cut lengthwise into quarters, and croûtons, or serve with jelly and garnish with fried hominy.

Teal Duck, Broiled, is prepared as broiled canvasback duck.

Salmis of Teal Ducks.—Roast 2 teal ducks as in preceding recipe, cut off the wings, breasts, and legs, chop the bodies of the birds into small pieces, place in a saucepan over the fire, cover with white broth, and cook 25 minutes; strain the broth. Melt 1 ounce butter in a saucepan, add 1 tablespoonful fine-chopped shallot, 1 gill of fine-chopped mushrooms, 1 even teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful nutmeg, cook 5 minutes; add 1 tablespoonful flour, stir and cook 2 minutes; add 3 gills of the broth mentioned above, 1 gill of white wine, ½ gill of fine-cut cooked ham, a little beef extract, and a small bouquet, cook 5 minutes; then remove the bouquet, add 1 tablespoonful lemon juice, put the duck into a round pan, pour over the sauce, cook 5 minutes. Dress the salmis on a hot dish and decorate with 6 slices of bread cut triangle shape and fried a delicate brown in butter.

Mallard Duck, Roasted.—Pick, draw, and singe 2 mallard ducks, wipe out the inside with a cloth, truss them the same as

canvasbacks, season with salt and a little pepper ; spread 1 ounce butter over each duck, place them in a roasting pan in a hot oven, cook from 25 to 30 minutes, basting frequently, first with melted butter, then with their own gravy ; untruss and serve them on a hot dish ; garnish with water cress and lemons cut into quarters. Remove the fat from the gravy, add a few spoonfuls consommé or bouillon, let it boil up ; then strain the gravy and pour it over the ducks, or serve the gravy separately. Serve with lettuce salad and crab-apple jelly.

Salmis of Mallard Duck.—Roast 2 ducks as in foregoing recipe, cut off the breasts, wings, and legs ; chop the bodies into small pieces and place them in a saucepan over the fire ; add ½ gill of fine-cut onion, 1 bay leaf, 12 coarsely pounded peppers, ½ gill fine-cut raw ham, and ½ pint red wine, cook 10 minutes ; add 1 pint of broth, cover and cook 30 minutes ; then strain the broth into a clean saucepan, reduce it by boiling to 3 gills. Melt ½ ounce butter in a small saucepan, add 1 tablespoonful flour, cook and stir 3 minutes ; add the 3 gills of broth, ½ gill of mushroom liquor, the gravy from the ducks, ½ gill of sherry wine, and 1 even teaspoonful pepper, cook 5 minutes. Put the ducks in a saucepan, pour over the sauce, let it simmer over a slow fire 10 minutes ; then serve on a hot dish and decorate with bread croûtons.

Wild Ducks.—The common wild ducks are often unpalatable, caused by their disagreeable fishy flavor. In order to remove this flavor the ducks should be picked, singed, and drawn, then well washed inside and outside in cold water. Place a large kettle with boiling water over the fire, add 1 tablespoonful bicarbonate of soda, 1 carrot, and 2 onions ; put in the ducks, boil 20 minutes ; then take the ducks out and immediately plunge them into cold water, wash and rinse them thoroughly, and wipe dry ; season with salt, allowing 1 even tablespoonful for each duck, and ½ even teaspoonful white pepper, spread 1 ounce butter over each bird, and cover the breasts with a large thin slice of larding pork ; set the pan in a medium-hot oven, roast and baste frequently till light brown all

over; then put a little boiling water in the pan, add a few slices of carrot and onion, continue to roast and baste till done. Serve the ducks on a hot dish, free the gravy from fat, add a little broth, and strain it over the ducks; serve with celery-root salad and compote or jelly. Wild goose may be prepared in the same way.

In season from October 1st to February 1st.

Pheasant, Roasted.—Before picking the pheasant cut off the head close to the body, also the wings and tail; then pick, singe, and draw the bird; either wash it quickly in cold water or wipe the inside with a damp cloth; truss it nicely; spread 1 ounce butter all over the bird and tie a large thin sheet of larding pork over the breast, lay the pheasant in a roasting pan, cover the entire bird with buttered paper, place the pan in a hot oven, and roast 30 minutes; then remove the paper, sprinkle over some salt, and continue to roast, basting frequently till done (if the gravy should get too brown, add a little water). In the meantime cut 2 pieces of bread $1\frac{1}{2}$ inch thick and $3\frac{1}{2}$ inches long, hollow out a piece of the center $\frac{1}{2}$ inch deep and $1\frac{1}{2}$ inch wide, then fry them light brown in hot fat; drain, and when cold mix a little white of egg with flour to a paste, fasten 1 croûton at each end of an oval-shaped dish, and place it for a few minutes in the oven to dry; then remove, lay into 1 croûton the head, into the other the tail, and fasten them with small silver skewers; cover the croûtons with a frill of fancy paper, so that the meat of the pheasant will not come in contact with the feathers of the bird. Carve the pheasant, cut the meat into nice even slices, cut off the legs and divide them in two, also the back; lay the back in the middle of the dish, the legs on the sides, the breast on top the back. Free the gravy from the fat, add a little broth to the gravy, pour some of the gravy over the bird, and garnish with a border of water cress. Another way is to place a bread croûton 1 inch high and 8 inches long and 4 to 5 inches wide on the dish; hollow it out in such a way as to hold the bird and to dress the pheasant without carving on this croûton; then to arrange the

head, tail, and wings in such a way as to have them appear natural and lifelike, securing them with small plated skewers, surrounded with a border of water cress. Another way is to stuff the pheasant with liver forcemeat or bread filling, then roast and serve the same as chicken.

Prairie Hen and Grouse, in season from August 15th to February 1st.

Prairie Hen, Roasted.—Pick, singe, and draw a nice plump pair of prairie hens, wash and wipe them dry; season each one with 1 teaspoonful salt; tie a large thin slice of larding pork over the breast of each one, and spread 1 ounce butter over them; place the birds in a roasting pan in a medium-hot oven, basting first with melted butter, then with their own gravy; when brown on all sides add 1 gill of boiling water (if the gravy browns too much add more water), continue roasting and basting till done. Dress the prairie hens on a hot dish; free the gravy from fat, add a few spoonfuls bouillon to the gravy, let it boil a few minutes; then strain, and serve with the birds.

Prairie Hen, Potted.—Prepare 2 nice prairie hens the same way as in foregoing recipe; run a trussing needle with a fine cord through the thigh and body, and tie the cord in the back; run the needle also through the wings and neck, and tie them firmly; season each one with 1 teaspoonful salt. Place a saucepan large enough to receive the birds with 4 ounces fine-cut larding pork over the fire; fry until the pork begins to turn straw-color, then put in the prairie hens; add 2 ounces butter; turn them often with the fork, leaving the saucepan uncovered until the birds have obtained a light-brown color; then add $^1/_2$ cup boiling water, cover and cook till they are done (if the water boils away, and the gravy should get too brown, add a little more water). When done, remove, and cut each bird into 6 pieces; arrange on a hot dish, the best pieces on top. Free the gravy from fat; mix 1 tablespoonful cornstarch or flour with 1 gill of cold water, add it to the gravy, stir and cook over the fire 3 minutes; add sufficient broth or boiling water to make a creamy sauce, boil 5 minutes, then strain;

have the giblets boiled in water, chopped fine, and added to the gravy, also a small piece of butter. Pour the gravy over the birds, decorating the dish with triangle bread croûtons, and serve.

Grouse, Roasted.—Pick, singe, and draw a fine pair of grouse, wipe out the inside with a damp towel or wash them quickly in cold water, and wipe dry; season each one with 1 teaspoonful salt, truss nicely, spread 1 ounce butter over each one; lay the birds in a roasting pan, add 1 gill of water, cover them with buttered paper, put in a medium-hot oven, and roast and baste 20 minutes; remove the paper, continue to roast, basting freely until done. When ready to serve, untruss the birds, dress them on bread croûtons, garnish with water cress; free the gravy from fat; add a little bouillon to the gravy, boil a few minutes; strain and pour over the birds. Grouse may be potted the same as prairie hens; and they may be prepared as a salmi the same as teal duck. Broiled grouse is prepared the same as mallard duck.

Roast Partridge filled with Truffle Dressing.—Pick, singe, and draw 2 fine partridges, wipe out the insides. Chop fine the 2 livers and ½ pound pork tenderloin, pound to a paste, add 6 fine-cut truffles, season with salt and pepper; melt 2 ounces fine-chopped larding pork, add the other ingredients, stir for a few minutes over the fire; then fill the crop and body of the two partridges with this forcemeat, sew up, and truss them nicely; lay the birds in a round pan just large enough to hold them; spread 2 ounces butter over their breasts; place them in a hot oven, and roast, basting frequently till done; then untruss, remove the threads, lay the birds on 2 bread canapés. Add to the gravy 1 tablespoonful fine-cut onion, and carrots, 1 bay leaf, 12 whole peppers, cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint broth, cook 5 minutes; add last 1 teaspoonful beef extract, and if necessary some salt; strain, and serve with the birds; or remove part of the fat from the gravy, add a little consommé to the sauce; boil and strain.

Quail, in season from November to February 1st.

Quail, Potted, served on Canapés.—Pick, singe, draw, and wipe the interior of 6 fine fat quails, push the legs through the skin, inside, bend the wings backward; season the birds with 1 even tablespoonful salt; place a low saucepan large enough to receive the birds with 4 ounces fine-cut larding pork over the fire; fry until the pork turns to a straw-color; then add 2 ounces butter and the birds; leave the saucepan open; turn the quails every few minutes with a fork until they are light brown on all sides; then add ½ cupful boiling water or broth; cover and cook slowly from 30 to 40 minutes, or till done; if necessary add some more water, but only a little at a time. In the meantime prepare 6 small canapés as follows: Cut 6 slices of bread ¾ inch in thickness from a stale Vienna loaf, cut off the rind, trim neatly; then hollow it out ½ inch deep, so that the cavity will hold the quail; spread a little butter all over the bread, place the canapés on a shallow tin pan, and brown them in a hot oven to a fine golden color. Remove from the oven; arrange them on a hot dish; put a quail on each one; free the gravy from fat; mix 1 teaspoonful cornstarch with a little cold water, add to the gravy, stir and cook 2 minutes; add sufficient broth or boiling water to make a creamy sauce, cook 2 minutes; then strain into a sauce bowl, pour a little sauce over each bird, and serve.

Quail broiled Plain.—Split 6 fine, fat, well-cleaned quails through the back without separating the parts; break the 2 leg bones, brush each one over with melted butter on both sides; lay them on a hot broiler and broil over a moderate fire, about 8 minutes on each side, turning them 3 times while broiling. Place the birds on a hot dish; mix 2 ounces butter with 1 teaspoonful salt and ¼ teaspoonful pepper; spread this over the quails, garnish with croûtons made as follows: Cut 6 thin slices from a stale loaf of baker's bread, cut each slice into 2 three-cornered pieces; spread on both sides with a little butter, and place them in a shallow tin pan; then brown in a hot oven till they obtain a fine golden color; remove from the oven, and arrange them in a circle around the dish; then serve.

Quail on Toast.—Pick, singe, and draw 6 fine fat quails, wipe them inside with a cloth; season with 1 even tablespoonful salt, evenly distributed, push the legs through the skin inside, and bend the wings backward; tie with 2 strings a thin slice of larding pork over each breast, large enough to cover the entire breast; lay them in a roasting pan, pour over 2 ounces melted butter; add 1 gill of water; place in a hot oven; cover with buttered paper; roast and baste every 5 minutes, each time replacing the paper; after 15 minutes' roasting, remove the paper (if the gravy should become too brown, add more water); continue to roast and baste till well done, which will take from 30 to 40 minutes; if wanted rare, 20 minutes. Shortly before serving, arrange 6 slices of buttered toast on a hot dish; remove the strings and pork from the birds, lay a quail on each piece of toast; free the gravy from fat. Melt ½ ounce butter in a saucepan, add 1 teaspoonful flour, stir and cook 5 minutes; add the gravy from the birds and sufficient broth to make a creamy sauce; cook 5 minutes; add a little beef extract, and, if necessary, some salt; strain the gravy, and pour 1 tablespoonful over each bird; garnish the dish with water cress, and serve. Another way is not to thicken the gravy, but dilute the quail gravy with a few spoonfuls bouillon or consommé; let it boil 3 minutes, then strain, and serve in a gravy bowl.

Quail à la Maître d'Hôtel.—Split 6 well-cleaned quails through the back; season them with 1 even tablespoonful salt, ½ even teaspoonful pepper, evenly distributed; brush each one lightly with a little olive oil or melted butter; place the birds on a hot broiler and broil over a moderate clear fire from 12 to 15 minutes, turning them every 5 minutes. In the meantime stir 2 ounces butter to a cream; add slowly 2 tablespoonfuls lemon juice, 1 tablespoonful fine-chopped parsley, ½ teaspoonful nutmeg. Dress the birds on a hot dish with a piece of buttered toast under each one, spread the maître d'hôtel butter over the birds, and serve.

Dog Birds, Broiled.—Prepared the same as quails.

Doe Birds, in season from May 1st to September 1st.

Doe Birds en Canapés.—Singe, draw, and wipe 6 fine dog birds, push the legs through the skin, and bend the wings over the backs; season with 1 even tablespoonful salt; spread ½ ounce butter over each one. Put them in a roasting pan, pour 1 gill of water into it; set them in a medium-hot oven, cover with buttered paper, roast 10 minutes; then remove the paper, baste frequently, and roast till tender, which will take from 18 to 25 minutes; if necessary, add a little more water. Prepare 6 canapés the same as for potted quail, lay them on a hot dish, put 1 bird on each canapé, and garnish with water cress. Free the gravy from fat; melt ½ ounce butter in a saucepan, add 1 teaspoonful flour, stir and cook 3 minutes; add the gravy from the birds and sufficient broth to make a creamy sauce, cook 5 minutes; strain and add a little beef extract; pour 1 tablespoonful sauce over each bird, and serve.

In season from September 1st to January 1st.

Reed Birds, Potted.—Pick and singe 12 fine fat reed birds, cut off the feet and wings, remove the skin from the head and pick out the eyes, remove the gizzard from the side with a skewer and push the legs through the skin inside, put the head under the wing, and stick the bill in the breast. Place a saucepan with 2 ounces fine-cut larding pork over the fire, fry till it begins to turn straw-color; then add 3 ounces butter, put in the birds, leave the saucepan open, turn the birds with a fork until they are light brown all over; then add ½ pint cream, cover and cook till done (if the gravy should get too brown, add a little boiling water); remove and dress them on 6 slices of toast, putting 2 birds on each piece; remove all fat from the gravy, strain and pour a little over each bird, and garnish with water cress. All kinds of birds may be prepared in the same way.

Reed Birds, Roasted.—Prepare 12 birds the same as in foregoing recipe, season them with salt, cover the breasts with a thin slice of larding pork; place them in a roasting pan, spread ½ teaspoonful butter over each bird, set in a medium-hot oven to roast

from 10 to 12 minutes; dress them on 6 slices of buttered toast, free the gravy from fat, dilute it with a few spoonfuls broth, and serve it with the birds, or pour a little over each bird. In roasting birds care should be taken not to have the pan in which the birds are roasted any larger than is necessary to hold them.

Woodcock, in season from August 15th to February 1st.

Woodcock, Roasted.—Select 3 fine woodcocks, pick, singe, and draw them; remove the skin from neck and head, pick out the eyes, twist the feet together, run the bill through the left foot; season the birds with salt, cover the breasts with a thin slice of larding pork, and lay them in a roasting pan; pour over 2 ounces melted butter, set them in a hot oven, and roast from 15 to 20 minutes; chop the hearts and livers of the woodcocks fine, mix them with ½ ounce melted butter, 2 tablespoonfuls grated bread crumbs, season with 1 even teaspoonful salt, ¼ even teaspoonful pepper, and a sprinkle of nutmeg; mix all together. Then cut 3 slices from a stale loaf of baker's bread, cut each slice into 2 pieces, pare off the rind, trim them neatly, and spread both sides over with a little butter; lay them on a tin pan, set the pan in a hot oven till the bread has obtained a fine golden color, then remove, and cover one side of them with the chopped hearts and livers; return them to the pan, pour over a little melted butter, and bake 5 minutes in a hot oven; cut the birds in halves, lay 1 half over each piece of croûtons, garnish with water cress, and serve; dilute the gravy with a little consommé and serve in a sauce bowl.

Woodcock, Broiled.—Broil the woodcock the same as quail, and garnish with broiled bacon.

Snipe, in season from September 1st to January 1st.

English Snipe, Roasted.—Pick, singe, and draw ½ dozen fine snipes, remove the skin from the heads, pick out the eyes, truss the legs together, skewer the head under one leg, season with salt, and cover the breasts with a thin layer of larding pork; place the birds in a roasting pan, pour over 1 ounce melted butter, set the pan

in a hot oven, pour 1 gill of water in the pan, and roast and baste frequently till done. Chop the hearts and livers fine, mix them with ½ ounce melted butter, 1 tablespoonful grated bread crumbs, season with pepper and salt and a little nutmeg; spread this over 6 pieces of bread croûtons, sprinkle over them a little melted butter, and place for 5 minutes in a hot oven. Lay the croûtons on a hot dish, dress the birds over them, garnish with water cress; free the gravy from fat, add a little broth, cook 3 minutes; then strain and serve with the birds. Snipe may be potted or broiled the same as quails.

Partridge, from August 15th to February 1st.

Partridge, Roasted.—Procure 2 fine partridges, singe, draw, wipe, and truss them nicely; season with 1 even tablespoonful salt; lay a few slices of larding pork in a roasting pan, put the partridges on top the pork, spread 2 ounces butter over them, and cover the breasts with thin slices of larding pork; place the pan in a medium-hot oven, roast and baste frequently till done (if the gravy should become too brown, add a little water). Dress the partridges on a hot dish, lay a border of triangle bread croûtons around the dish, and brush the birds over with glaze; free the gravy from fat, add a few spoonfuls broth, cook 2 minutes; then strain and serve in a sauce bowl; or dilute 1 teaspoonful cornstarch with a little cold water, add it to the gravy; add sufficient broth to make a creamy sauce, cook a few minutes, then strain. The partridges may be cut in halves, then arranged neatly on a hot dish, and served the same way.

Partridge à la Soubise.—Truss 2 well-cleaned partridges, season with 1 even tablespoonful salt; place a saucepan with 4 ounces larding pork over the fire, fry to a light straw-color, add 2 ounces butter and the partridges; leave the saucepan uncovered till the birds have assumed a light-brown color all over, turning them frequently; then add ½ cupful broth, cover and cook till done. At the same time place a saucepan with 6 medium-sized peeled white onions over the fire, cover with boiling water, cook 10 minutes; then drain and chop fine, add 1 ounce butter, 1 even tea-

spoonful salt, ½ gill white pepper, ¼ teaspoonful nutmeg, cover and cook 20 minutes. In the meantime melt 1 ounce butter in a saucepan, add ½ tablespoonful flour, stir and cook 3 minutes; add ½ bay leaf, 6 whole peppers, and a little salt; add ½ cupful boiling white broth, stir and cook 5 minutes; then add it to the onions; add ½ pint cream, cook 3 minutes; then press it through a sieve, add ¼ teaspoonful sugar. Cut the partridges in halves, or cut each one lengthwise into 3 pieces, dress them on a hot dish, pour over the onion sauce, and serve; or serve the sauce separate. Another way is to pour the sauce on to a hot dish, and dress the partridges over it.

Chartreuse of Partridge.—Cut 6 large well-cleaned carrots into lengths 1½ inch wide, then bore out small stems 1½ inch in length with an apple corer; place the vegetables into a saucepan, cover with boiling water; add 1 teaspoonful sugar and boil till half done; then drain and set them aside to cool. Prepare a forcemeat either of game, chicken, or pork tenderloin; butter a plain timbale form, decorate the sides and bottom with the carrot and turnips, put in the forcemeat, press it evenly on the sides and bottom without disturbing the decorations, then place it on ice or in a cool place. Select 2 heads of Savoy cabbage, remove the outside leaves, cut the cabbage into 4 parts, place them in a saucepan with ½ pound lean salt pork, and cover with boiling water; add 1 tablespoonful sugar, and boil ½ hour; then drain off the water; return the cabbage to the saucepan; add the pork, 3 white onions, 1 even tablespoonful salt, 1 even teaspoonful pepper, and cover with white broth. Season 2 well-cleaned partridges with 1 teaspoonful salt, spread 2 ounces butter over the breast, place them in a roasting pan; set the pan in a hot oven, and roast 15 minutes; then remove, put the birds in the center of the cabbage, and cook 1 hour; take out the partridges; remove the meat from the bones, cut it into slices; drain the cabbage on a sieve, press out all the moisture; put the cabbage in the timbale form, leave a hollow in the center, put in the meat from the partridges, and cover with cabbage; place the

mold in a pan of hot water, cover with buttered paper, and bake 45 minutes in a medium-hot oven. Turn the chartreuse on to a hot dish, let it stand a few minutes, then lift the form off. Serve with the following sauce: Add to the butter in which the partridges were roasted 1 fine-chopped onion, 1 tablespoonful fine-cut carrot, 1 bay leaf, and 12 whole peppers, cook 5 minutes; add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint of broth, 1 teaspoonful beef extract, and cook 5 minutes; then strain the sauce into a clean saucepan, add $\frac{1}{2}$ ounce butter in small pieces; stir for 2 minutes over the fire. Serve in a sauce bowl.

Partridge, Larded and Roasted.—Procure 2 fine plump partridges, pick, singe, draw, and wipe them; remove the skin from the breast, and then dip the breasts into boiling water; wipe dry, and with a fine needle lard the breast with small strips of larding pork; season each partridge with $\frac{1}{2}$ teaspoonful salt; place them in a round pan just large enough to receive the birds; pour $\frac{1}{2}$ ounce of melted butter over each one; set them in a hot oven to roast 15 minutes, basting frequently (if the partridges are young they will cook in that time; if old, they will take longer). Serve them on a hot dish, either plain or on bread croûtons, and garnish with water cress; add a little bouillon or broth to the gravy after removing most of the fat; boil 2 minutes, then strain. The gravy may be poured over the birds or served separate. Prairie hens, pigeons, grouse, quails, and all kinds of birds are larded and roasted the same way.

Prairie Hen or Partridge with Cabbage.—Cut 1 good-sized head of cabbage into 4 pieces; place it in a saucepan with $\frac{1}{2}$ pound of lean salt pork, add 1 tablespoonful sugar, cover with boiling water, and cook 20 minutes; then drain off the water, return the cabbage in a saucepan to the fire, cover with white broth; add the pork, and season with 1 even tablespoonful salt, 1 even teaspoonful pepper; add 3 white onions, cover and cook 2 hours. Pick, singe, and draw 2 fine plump partridges or prairie hens, wipe the insides with a clean cloth; season with 1 teaspoonful salt, evenly

distributed; spread 2 ounces butter over the breast; lay the birds in a round pan just large enough to hold them; set the pan in a hot oven, roast 15 minutes, basting frequently; then take out the birds, put them in the center of the cabbage, so that they are completely covered with the cabbage; cover them tightly and place the saucepan in a hot oven to bake 45 minutes. Add to the butter in which the partridges were roasted 1 fine-chopped onion, 1 tablespoonful fine-chopped carrots, 1 bay leaf, and 12 whole peppers; cook over the fire 5 minutes; then add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint white broth, 1 even teaspoonful salt, cook slowly 8 minutes; then strain into a sauce bowl. Prepare and cook at the same time ½ pint of carrot balls, 1 pint potato balls, and ½ pint small white onions. Put the fowls on a hot dish, surround them with the cabbage; cut the pork into small slices, lay them on top the cabbage; arrange the carrots, potatoes, and onions in clusters around the dish of cabbage, and serve with the sauce.

Partridge Sauté.—Cut 2 well-cleaned partridges into pieces; season them with 1 even teaspoonful pepper and 1 even tablespoonful salt; mix the seasoning and the partridges well together. Place a saucepan with 1 ounce butter over the fire, put in the partridges, cook 5 minutes; turn the pieces over, cook 5 minutes longer; then add 1 fine-chopped onion, 1 gill Madeira wine, cover and cook slowly 10 minutes. Place a saucepan with ½ ounce butter, 1 tablespoonful chopped onion and the same of carrots over the fire, add ½ bay leaf, 6 whole peppers, cook 5 minutes; add 1 teaspoonful flour, stir and cook 2 minutes; add ½ pint of white broth, 1 gill of mushroom liquor, ½ even teaspoonful salt, cook slowly 10 minutes; then strain the sauce, add it to the partridges; add ½ pint canned mushrooms, cook slowly 10 minutes; add last 1 tablespoonful lemon juice. Cut 6 slices from a small loaf of baker's bread, cut each on the bias into 2 pieces, pare off the rind, spread both sides with a little butter; lay them on a tin plate, set them in a hot oven till they have assumed a fine golden color; then remove, and lay them in a circle around the dish.

Fillets of Partridge, Prairie Hen, or Grouse.—Pick, singe, draw, and wipe 1 or 2 fine plump partridges, prairie hens, or grouse; cut with a small knife through the center of the breast, remove the skin, then loosen the meat, lift the entire breast with the wing bone from the bone; underneath the breast is a small fillet called the mignon; separate this from the breast and lay it on a separate dish. The fillets are then ready to be cooked in various ways.

Fillets of Partridge à la Sancroise.—Remove the breast from 3 fine plump partridges as directed in foregoing recipe; season them with 1 even tablespoonful salt, ½ even teaspoonful pepper; lay the small mignons in the center on top of each fillet; make 2 slanting incisions on each mignon, then cut a few mushrooms into slices, then into narrow strips, put 1 strip of mushroom into each incision; lay the fillets in a round pan just large enough to receive them, pour over 2 ounces melted butter, cover them with buttered paper, and set aside until the following ragoût is prepared: Remove the remaining meat from the partridges; place a saucepan with 2 ounces fine-cut larding pork over the fire; add 1 tablespoonful fine-chopped onion, cook 5 minutes without browning; add half the meat from the partridges and the livers, stir and cook 10 minutes; then remove, add the remaining raw meat chopped exceedingly fine. Now place a small saucepan with ½ gill of boiling water, ½ teaspoonful butter over the fire; add 1 gill of flour, stir and cook till it forms into a smooth paste, then remove; when cold add it to the chopped meat, add the yolk of 1 egg and 1 whole egg; season with 1 teaspoonful salt, ½ even teaspoonful pepper, ¼ teaspoonful nutmeg, mix all well together; then form with 2 teaspoons small dumplings from this; lay them in a buttered pan, and set aside. Chop the bodies of the partridges into pieces, place them in a saucepan with 1 ounce butter, stir and cook 10 minutes; then add 1½ pint broth, 1 fine-chopped onion, 12 whole peppers, and 1 bay leaf, cover and cook 30 minutes; strain the broth. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add 1½ cupful of the above-named broth, ½ cupful

mushroom liquor, 12 canned mushrooms, 1 even teaspoonful salt, ¼ teaspoonful pepper, ½ gill of sherry wine, cook 10 minutes. Fifteen minutes before serving place the fillets in a hot oven, and roast 12 minutes; then remove. Pour through a funnel sufficient boiling water in the pan with the dumplings, set them over the fire, and simmer 6 minutes; then carefully remove them with a skimmer to a hot dish, pour over the sauce, and arrange the fillets in a circle around the dish. Fillets of partridges and prairie hens may be prepared the same as chicken fillets.

Roast Partridge or Prairie Hen, Filled.—Pick, singe, and draw 2 fine plump partridges, wipe out the inside, season with 1 even tablespoonful salt. For the dressing, boil ½ pound of large chestnuts 20 minutes; drain, remove the shell and brown skin; return the chestnuts, in saucepan, to the fire, cover with milk, add a little sugar, and boil till tender; remove and mash them fine; fry 1 tablespoonful fine-chopped onion in 1 ounce butter 5 minute without browning; add ½ pound sausage meat and the 2 fine-chopped livers, stir and cook 10 minutes; then take it from the fire, add the chestnuts, season with 1 even teaspoonful salt, ½ even teaspoonful pepper, and fill the partridges with this; sew it up, truss the legs inside, lay the birds in a roasting pan no larger then necessary to hold them; pour over 2 ounces butter, set the pan in a medium-hot oven, and roast till light brown, basting frequently; then add 1 gill of broth or water, continue to roast and baste till done. Dress the partridges on a warm dish. Add ½ tablespoonful flour to the gravy, stir and cook 3 minutes on top of the stove; add ½ pint broth, cook 3 minutes; then strain and serve in a sauce bowl. Partridges may be filled with plain bread dressing or sausage forcemeat.

Venison in season from 15th of August till 15th of November.

Saddle of Venison with Currant Jelly.—Select a small saddle of venison, about 6 pounds in weight; remove the skin from the surface and trim it neatly; lard it with fine strips of larding pork, either cross or lengthwise; season with 1 tablespoonful salt, and tie

it into a round shape with 3 strings; lay the meat in a roasting pan; add 1 sliced onion and a small carrot cut into slices, pour over 2 ounces melted butter; place the pan in a hot oven and roast 1 hour, basting frequently with its own gravy, adding a little water if the gravy should get too brown. When done remove the meat to a hot dish; add to the gravy in the pan 3 tablespoonfuls sherry wine and the same of broth, let it come to a boil; then strain; remove all the fat, pour the gravy over the meat, and serve with the following sauce: Melt 1/2 ounce butter in a small saucepan; add 1 teaspoonful flour, cook and stir 2 minutes; add 1/2 cupful boiling water, 1/2 teaspoonful beef extract, 1/4 teaspoonful salt, cook and stir 2 minutes; then add 1 gill of port wine and 1 cupful currant jelly; cook a few minutes, and serve.

Saddle of Venison roasted à l'Allemande.—Procure a saddle of young venison, remove the sinews and pare it neatly; lard it lengthwise in 4 rows with fine strips of larding pork; season with 1 tablespoonful salt; lay the meat in a roasting pan, spread 2 ounces butter over the surface, and place in a hot oven to roast until it begins to brown, basting it freely with its own gravy; then add 1 pint of sour cream, continue to baste and roast till done, which will take about 1 hour. Shortly before serving transfer the meat to a hot dish. Free the gravy from the fat; mix 1/2 tablespoonful cornstarch with 1/2 gill cold water, add it to the gravy; set the pan on top the stove, stir and cook a few minutes; add sufficient boiling water or broth to make a pint of sauce, cook 2 minutes; then strain. Pour 2 tablespoonfuls sauce over the venison, and serve with compote and salad. A leg of venison may be prepared in the same way for compote and salad (see my book on Desserts and Salads).

Ragoût of Venison.—Take 2 1/2 pounds of venison of the forequarter, cut it into pieces 1 1/2 inch in size; place a saucepan with 1 ounce butter and 2 tablespoonfuls chopped onion over the fire, cook 3 minutes; season the venison with 1 tablespoonful seasoning salt, rub the seasoning and the meat well together, add it to the

saucepan, cover and cook 15 minutes, stirring often; than add ½ cupful broth, made of the remnants of venison, cover and cook 20 minutes. Melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir and cook 2 minutes; add 1 cupful broth, cook a few minutes, and add it to the meat; add the juice of ½ lemon, boil 3 minutes longer, and serve. This ragoût may be served in a border of nudles, spaghetti, or potato dumplings, or in a border of bread croûtons.

Civet of Venison à la Française.—Cut 2 pounds of lean venison meat into small pieces, lay it is a covered dish; season with 1 tablespoonful salt, 1 teaspoonful white pepper, 1 large sliced onion, ½ cupful vinegar, ½ bunch of parsley, 1 sprig of thyme, 1 bay leaf, 1 tablespoonful whole peppers; mix all well together, cover and let it stand overnight. One hour before serving, melt 2 ounces butter in a saucepan, add 2 tablespoonfuls flour, stir and cook a few minutes; add 3 cupfuls of meat broth or boiling water with 2 teaspoonfuls beef extract; drain the meat; add the spice, onions, and the liquid from the meat; boil 15 minutes, then strain, return the sauce to the saucepan, put in the venison, and boil gently 45 minutes; arrange it on a hot dish, and serve with small German potatoes, which should first be peeled and parboiled in water, then drained and sautéd in butter. Civet of hare and rabbits is prepared in the same way.

Venison Steak à la Maître d'Hôtel.—Procure 6 small steaks from a nice leg of venison, weighing in all about 2½ pounds; season with 1 even teaspoonful salt and pepper, brush them over with melted butter or fine oil, lay the steaks on a hot broiler, and broil 5 minutes on each side over a moderate fire; dress them on a hot dish, spread over 2 ounces maître d'hôtel butter, and serve; garnish with water cress and French fried potatoes.

Venison Steak with Currant-jelly Sauce.—Prepare and broil 6 small venison steaks the same as in foregoing recipe. Prepare the sauce as follows: Place a small saucepan with ½ table-

spoonful fine-chopped onion, the same of carrots and ham, over the fire; add ½ ounce butter, ½ bay leaf, 6 whole peppers, cook 5 minutes; add ½ teaspoonful flour, stir and cook 3 minutes; add 1½ gill of broth, a little beef extract, ½ even teaspoonful salt, cook 5 minutes; then strain the sauce into a clean saucepan, add 1 gill of port wine, and cook 5 minutes; add 1 glass of currant jelly, cook until the jelly is dissolved; pour the sauce on to a hot dish and dress the steaks over it; garnish with potato croquettes the size of a hickory nut, or bread croûtons. Venison steak may be served with Colbert sauce, Madeira sauce, or with 1 pint of chestnut purée on a hot dish and the steaks dressed over it.

Venison Steak broiled Plain.—Brush 6 small venison steaks over with melted butter, lay them on a hot broiler, and broil 5 minutes on each side. In the meantime stir 2 ounces butter to a cream; add 1 even tablespoonful salt, ½ even teaspoonful pepper; spread this over both sides of the steaks; garnish with potato patricia and water cress or with Sarah Bernhardt potatoes.

Venison garnished with Aspic.—Skin, lard, and roast a loin of venison, cut off the fillets close to the bone, and carve into slices; put the slices back into their former places so that they look as if they had not been cut. Glaze the whole and garnish with chopped aspic and water cress.

Leg of Venison in Aspic.—Have a leg of a young venison larded and roasted; when cold cut the upper side into slices and put them in their former places again. Glaze and garnish with chopped aspic, water cress, or white lettuce leaves; twist a frill of fringed paper around the knuckle, and serve.

Cold Roast Venison in Aspic.—Cut from a roasted leg of venison nice square pieces about 2 inches in size. Place a deep form in a pan of cracked ice, pour into the form some aspic (see Aspic) ½ inch high, and let this get firm; then cover it with a decorations of boiled beets cut into scallops, slices of hard-boiled eggs, small green pickles, capers, and small white onions. Cover with

aspic, let it get firm, put in some of the meat, and cover again with aspic; continue alternately with aspic, meat, and the other ingredients until the form is full; let the last layer be aspic. When firm and ready to serve hold the form for a second in hot water, turn it on to a round dish, and garnish with parsley. Serve with mayonnaise.

Hare and Rabbits, Roasted.—Remove the entire skin from 2 good-sized rabbits or a good-sized hare, then the fine skin; cut off the head, open the belly, remove the insides, carefully separate the gall from the liver, wash and wipe the hare dry, lard with fine strips of larding pork, season with 1 even teaspoonful salt, lay into a roasting pan, put 2 ounces butter in small pieces over it, place in a hot oven, and roast, basting frequently till light brown; then add a little water, and roast till done, which will take about 45 minutes; the meat should be juicy and rare on the bone. Lay the hare on a hot dish, garnish with shaved pink and white horseradish, and serve with celery-root salad and currant jelly. (For salad, see my book on Desserts and Salads.)

Hare roasted à l'Anglaise.—Remove the entire skin from a good-sized hare, leaving on the head and feet; then cut off the fine skin with a sharp knife, wash and wipe dry, lard with fine strips of larding pork; then season with 1 even tablespoonful salt, $\frac{1}{2}$ even teaspoonful pepper; stuff it with the following filling: Mix the crumbs of $\frac{1}{2}$ small loaf of bread with $\frac{1}{2}$ pound fine-chopped veal fat or suet, season with 1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful nutmeg, the same of thyme, marjoram, fine-chopped parsley, $\frac{1}{2}$ gill of cream or milk, 1 whole egg, and 2 yolks; stuff the hare with this; sew up, lay in a roasting pan, put a skewer through the shoulder and head, and skewer the hind legs close to the body, so that the hare sits in the pan as if alive; put 2 ounces butter in small pieces over the top, set the pan in a hot oven, and roast till light brown, basting freely with its own gravy; then add 1 gill of boiling water, continue to roast till done—about 1 hour; the meat should be juicy and rare on the bone. Lay the hare on a hot dish,

remove the skewers and threads; then free the gravy from fat, add a little broth to the gravy, let it boil up, strain, and serve in a sauce bowl; send currant jelly to table with it.

Hare roasted à l'Allemande.—Skin and draw a fine young hare, wash and wipe it dry, cut off head, shoulders, and the front legs, remove the fine skin with a sharp knife, and lard it with fine strips of larding pork; season with 1 even tablespoonful salt; lay the hare in a roasting pan, pour 2 ounces melted butter over, place the pan in a hot oven, roast, basting frequently, till light brown; then add by degrees 1 pint sour cream, baste freely, and roast till done. When ready to serve, lay the hare on a hot dish, add a little broth to the gravy, boil for a few minutes, then strain; pour a few spoonfuls of the gravy over the hare and serve the remainder in a sauce bowl, or add 1 teaspoonful cornstarch, dissolved in cold water, to the gravy, stir and boil 3 minutes; add sufficient broth or bouillon to make a creamy sauce, cook 5 minutes, then strain, and serve.

Civet of Rabbit.—Skin and clean 2 good-sized rabbits; wash and wipe them dry; carefully remove the gall from the liver, cut each rabbit into 8 pieces; season them with 1 tablespoonful salt, 1 teaspoonful pepper; rub the meat and seasoning well together; then put the rabbits with the livers and hearts in a covered dish, add ½ pint red wine, 2 onions cut into slices, 2 bay leaves, 6 cloves, 12 whole peppers, cover the dish, and let it stand for several hours; then take out the meat. Place a saucepan with 2 ounces fine-cut larding pork over the fire, fry for a few minutes; add 2 ounces butter and the sliced onions chopped fine, cook 3 minutes; then add the rabbits, cover and cook 20 minutes, turning the pieces over several times with a fork. Melt 1 ounce butter in a saucepan, add 1 heaping tablespoonful flour, stir and cook 2 minutes; add the wine and spice the rabbits laid in and ½ pint of broth, cook 5 minutes; then strain this sauce, add it to the rabbits; add 1 tablespoonful lemon juice and, if necessary, more salt; cook ten min-

utes longer, or until done; serve on a hot dish in a border of bread croûtons, or serve with potato croquettes.

Rabbit, Roasted.—Remove the entire skin from 2 rabbits, cut off the fine skin and head; lard the surface with small strips of larding pork; season with 1 even tablespoonful salt, lay the rabbits in a roasting pan, pour over 2 ounces melted butter, roast until light brown, then add ½ cupful boiling water, continue to roast, basting frequently till done. Lay the rabbits on a hot dish, remove some of the fat from the gravy; mix 1 teaspoonful cornstarch with 1 gill of cold water, add it to the gravy, stir and cook 3 minutes; add sufficient broth to make a creamy sauce, cook 5 minutes; then strain; pour 2 tablespoonfuls gravy over the rabbits, and serve the rest in a sauce bowl. Serve with red cabbage à l'allemande and potatoes à la tortonia or plain boiled potatoes. Another way is to roast the rabbits till light brown, then add gradually 1 pint sour cream and finish the same as above. If larding is too much trouble, season the rabbits, lay them in a roasting pan, with a few thin slices of larding pork on top, pour over a little melted butter, roast and finish the same as above.

Hasenpfeffer of Rabbits.—Remove the entire skin from 2 fine rabbits, draw, wash, and wipe them dry; carefully remove the gall from the liver; cut each rabbit into 8 pieces; season them with 1 tablespoonful salt; place them in a covered dish, add 2 sliced onions, 6 cloves, 2 bay leaves, ½ tablespoonful whole peppers, and 10 whole allspice, cover with vinegar, and set it for 3 days in a cool place. Then place the rabbits with the vinegar, spice, and onions in a saucepan over the fire, add ½ pint of water, cook slowly until done; then carefully remove the rabbit pieces, lay them on a warm dish. Melt 2 ounces butter in a saucepan, add 1 heaping tablespoonful flour, cook and stir 3 minutes; strain the rabbit broth, add it to the butter and flour, cook 5 minutes, and pour it over the rabbits. At the same time peel and wash 1 quart small potatoes, place them in a saucepan, cover with 1 quart cold water, add 1 tablespoonful salt,

boil until half done, then drain off all the water. Place a deep frying pan with 2 ounces of butter over the fire; when hot put in as many of the potatoes as will conveniently go into the pan without crowding; fry to a fine golden color, remove to a hot dish, fry the remainder the same way. Serve them with the rabbits; send some hot rolls or biscuits to table with them. Farina or potato balls may be served with it.

SANDWICHES AND CANAPÉS.

Sandwiches.—Stir the yolks of 4 hard-boiled eggs fine, add by degrees 4 ounces of butter; when this is well mixed add 1 raw yolk, then slowly 2 tablespoonfuls tarragon vinegar; next 12 anchovies previously soaked in cold water, freed from skin and bones, and mashed fine; also 1 or 2 teaspoonfuls English mustard, 1 teaspoonful salt, $^1/_2$ teaspoonful pepper, 2 tablespoonfuls fine-chopped capers, 1 tablespoonful fine-chopped shallot, and the fine-chopped whites of the boiled eggs; mix this with 2 pounds fine-chopped or ground boiled ham. Cut a long loaf of bread into thin slices, spread 1 tablespoonful of the preparation over a slice of bread, and cover with another slice; then cut the sandwich even all around and halve it diagonally, or cut it diamond shape; lay the sandwiches over one another, and prepare the remainder in the same way. This will make about 3 dozen sandwiches. Another way is to take half cooked chicken, veal, or turkey meat and half ham or tongue, and finish as above.

Sauce for Canapés.—Put the yolks of 3 hard-boiled eggs in a bowl, rub them fine, add $1^1/_2$ ounce butter, stir until formed into a thick creamy substance; then add 3 anchovies previously soaked in cold water, freed from skin and bones, and mashed fine; next add 1 tablespoonful fine-chopped capers. Dip some fresh parsley into boiling water, instantly remove and chop it fine; add $^1/_2$ tablespoonful to the above preparation, also 1 tablespoonful English mixed mustard and 1 tablespoonful tarragon vinegar; mix well together and use as directed in following recipes:

Canapés of Sardines.—Cut 12 slices $^1/_4$ inch in thickness from a long-shaped loaf of baker's bread, take off the rind, and shape the

slices either round or oval, toast them to a delicate brown; spread each piece of toast with the sauce in foregoing recipe and lay 1 sardine in center of each piece. Chop fine 1 beet (previously boiled and laid in vinegar), the whites and yolks of 2 hard-boiled eggs, and 2 branches of parsley; arrange these in small clusters around the sardines. Place the canapés on an oval-shaped fine dish and decorate with parsley.

Canapés d'Anchovies.—Lay ½ pound of the best anchovies for several hours in cold water, remove all the bones and skin, cut each fillet into 2 long strips, and put them on a plate. Dip 1 sprig of parsley into boiling water, instantly remove, chop fine, and put it in a bowl; add 3 tablespoonfuls herb vinegar (or white vinegar) and 3 tablespoonfuls olive oil, mix well together, and pour over the anchovies. Take 12 slices of bread ¼ inch in thickness, cut into oval shapes 2½ inches wide and 4 inches long, toast to a delicate brown; cover one side of each piece of toast with the canapé sauce, spreading it smooth with a knife. Arrange the anchovies like latticework over each piece, place them on an oval-shaped dish, and decorate with water cress or parsley.

Canapés aux Écrevisses.—Extract the meat from the claws of 12 boiled hard-shell crabs, cut each claw lengthwise into 2 pieces, wipe the shells off with a clean towel, and place them for a few minutes in the oven to dry; put into a mortar, add 4 tablespoonfuls olive oil, and pound fine; then place in a saucepan over a slow fire, stir 10 minutes; then inclose them in a coarse towel and press out the oil; mix the oil with 2 tablespoonfuls of herb vinegar and sprinkle it over the crab meat. Prepare 6 oval-shaped pieces of toast the same as in foregoing recipe, cover them with the canapé sauce, arrange the crab claws symmetrically over each piece of toast; put 2 fillets of anchovies around the edge of each canapé and small clusters of capers or fine-chopped gherkin pickles; place them on a handsome dish and garnish with white and pink shaved horseradish or water cresses.

Canapés of Lobster.—Extract the meat from the claws of 1 boiled lobster, cut the meat into slices, lay for 1 hour in a dish, pour over 4 tablespoonfuls olive oil mixed with 2 tablespoonfuls herb vinegar. In the meantime prepare a mayonnaise: Mix the yolks of 2 eggs with ½ teaspoonful dry mustard, 1 even teaspoonful salt; add drop by drop ¾ cupful olive oil; when well mixed add slowly 1 teaspoonful lemon juice and the same of white vinegar; add last 2 tablespoonfuls whipped cream. Prepare 6 pieces of toast the same as for canapés of sardines, put a tablespoonful of the above mayonnaise on each piece, smooth it with a knife; then arrange the lobster meat like scales over each piece, one overlapping the other half way; decorate the edges of toast with the white part of lettuce cut in shreds, then lay alternately small clusters of fine-chopped whites and yolks of 2 hard-boiled eggs, and serve on a fine dish.

Canapés of Herrings.—Cut head and tail from 2 marinierte herrings, remove the skin and bones; cut the meat into fine slices; mix 2 tablespoonfuls olive oil with 2 tablespoonfuls white vinegar, add to the meat, and let stand 30 minutes; press the milt of the herrings through a sieve, mix them with 1 fine-chopped sour apple; toast 6 oval-shaped slices of bread, spread with butter on both sides while hot; when cold cover one side of each piece with the mixture of apples and milt, over this arrange the herrings; then serve.

Canapés Lorenzo á la Filippini.—Drop 6 live hard shell crabs into boiling water, add 1 tablespoonful salt, boil 15 minutes; then remove; when cold enough to handle take off the upper shell, extract all the meat; crack the claws and pick out the meat; season with 1 even teaspoonful salt and a little Cayenne pepper; then measure—there should be a good pint of crab meat. Place a small saucepan with 1 tablespoonful butter over the fire; add 2 tablespoonfuls fine-chopped white onions, cook 5 minutes without browning; add 1 heaping tablespoonful flour, stir and cook 2 minutes; add ½ cupful white broth, stir for a few minutes longer; then add

1 pint of crab meat, stir and cook 8 minutes. Cut 6 slices from a long-shaped loaf of baker's bread, cut off the crust, and fry light brown in butter on both sides. Spread the crab mixture in equal portions over the bread, and set aside. In the meantime melt 1 tablespoonful butter, add 1 tablespoonful flour, cook and stir a few minutes; remove from the fire, add 4 tablespoonfuls grated Parmesan cheese and the same of grated Swiss cheese; mix the ingredients well and form into round balls of equal size. Place them in center of the canapés, pressing a little in the center. Put the canapés into a baking pan and bake light brown in a hot oven, which will take about 10 minutes; then remove; arrange them on a hot dish, and serve at once. If Swiss and Parmesan cheese are not handy take either the American or English cheese. Canapés of lobster are prepared in the same way.

VEGETABLES.

POTATOES.

Potatoes, Plain Boiled.—Peel and wash 1 quart potatoes, put them in a saucepan, add 1 quart cold water and 1 tablespoonful salt. Place the saucepan over the fire, cover and boil till done (which may be known by trying them with a fork—if the fork penetrates easily they are done; if not, boil again); then drain off all the water, return saucepan with potatoes to fire, and let stand 1 minute; then shake the potatoes for a minute in the saucepan, take off the cover for 1 minute, cover again, and again shake them up; repeat this 2 or 3 times until the potatoes are mealy; then serve.

Potatoes boiled with the Skin.—Wash 1 quart medium-sized potatoes, place in a saucepan, cover with cold water, set the saucepan over fire, and boil till done; then drain off the water, return saucepan with the potatoes for a few minutes to the fire to dry; then serve.

Potato Frité à l'Allemande.—Boil 1 quart well-washed small German potatoes in water till nearly done; then drain, remove skin, and when cold put potatoes in hot fat and fry light brown; remove with a skimmer, lay for a few minutes on paper, sprinkle over some salt, and serve on a hot dish. Or use for garnishing.

Potato Sauté à l'Allemande.—Peel 1 quart small German potatoes, wash and dry on a towel. Place a deep frying pan with 2 ounces butter over the fire; as soon as hot put in the potatoes, sea-

son with ½ even tablespoonful salt, toss frequently and fry till done; then remove to a hot dish, and serve.

Potatoes, Baked.—Wash the desired quantity of large and even-sized potatoes in cold water, place in a hot oven, and bake till done, which will be known by pressing them a little between the thumb and first finger; then remove, and serve in a hot covered dish or in a napkin.

Potatoes, Mashed.—Place 1 quart of peeled and well-washed potatoes in a saucepan over the fire, cover with 1 quart cold water, add 1 tablespoonful salt, and boil till tender; then drain and mash fine with a potato masher. In the meantime put ½ cupful milk with 1 tablespoonful butter in a small saucepan over the fire; when hot add it to the potatoes, mix well and beat the potatoes with a wooden spoon for a few minutes, then serve.

Potato Purée.—Boil 1 quart peeled and washed potatoes with 1 quart of water and 1 tablespoonful salt; when done, drain off the water, and press the potatoes through a sieve; return to saucepan, add ½ pint of hot cream or milk and 1 ounce butter, mix all well, and serve. One tablespoonful fine-chopped parsley may be mixed with the potatoes if desired.

Potato Soufflé.—Boil 1 quart peeled and washed potatoes with 1 tablespoonful salt and 1 quart of water. When done, drain off the water, mash the potatoes fine, and mix them with 1 cupful milk, 1 ounce butter, and the yolks of 2 eggs; add the whites beaten to a stiff froth; put the potatoes in a dish; make 6 dents with a knife on top of potatoes, put in each dent a small piece of butter, set the dish in a hot oven, and bake light brown; then serve in the same dish.

Potatoes à l'Italienne.—Boil 1 quart of peeled and well-washed potatoes with 1 tablespoonful salt and 1 quart water till done; then drain off the water and press the potatoes through a potato press; mix them with ½ cupful cream, the yolks of 3 eggs,

¼ teaspoonful white pepper, ½ even teaspoonful salt, 1 ounce butter, and the whites beaten to a stiff froth; put the preparation in a buttered soufflé dish, cover the top with 4 tablespoonfuls grated cheese, sprinkle over ½ ounce melted butter, and bake to a fine golden color in a hot oven; set the dish in a silver dish, and serve.

Potato Croquettes.—Peel, wash, and place 6 medium-sized potatoes in a saucepan over the fire, cover with cold water, add ½ tablespoonful salt, and cook till tender; then drain and mash, or press through a potato press; mix with 1 ounce butter the yolks of 2 eggs; season with ¼ teaspoonful white pepper, ½ even teaspoonful salt, and the same of nutmeg. Form the preparation into cork-shaped croquettes or into round balls the size of a small egg; dip in beaten egg and roll in fresh grated bread crumbs. Place a frying pan with 2 tablespoonfuls drippings or lard over the fire; when hot put in as many croquettes as will conveniently go in the pan, fry light brown on all sides; then remove, let lay for a few minutes on blotting or brown paper. When the croquettes are all fried in this way, serve on a hot dish.

Potatoes à la Patricia.—Prepare 6 potatoes the same as in foregoing recipe; lay 2 butter pats 2 minutes in boiling water; remove and instantly dip into cold water; take small portions of the potatoes and roll them into round balls the size of a walnut between the butter pats, the same as butter balls are made; dip in beaten egg, roll in fresh bread crumbs, and fry to a fine golden color in hot fat. These are mostly used for garnishing.

Potato Balls à l'Allemande.—Prepare 6 large potatoes the same as for potato croquettes; mix with 1 tablespoonful flour and a little fine-chopped parsley, form the preparation into small balls the size of a hickory nut; dip in beaten egg, roll in fresh grated bread crumbs, and fry to a fine golden color in hot fat, the same as crullers.

Potatoes à la Teutonia.—Peel, wash, and boil 8 medium-sized potatoes in 1 quart water and 1 tablespoonful salt. When done drain and press through a sieve or a potato press; mix with 1 table-

spoonful butter the yolks of 2 eggs, season with ¼ teaspoonful white pepper, the same of nutmeg and salt. Form the preparation first into balls, then into pyramids, brush them over with beaten egg, set on a buttered tin, and bake to a fine golden color in a hot oven; then serve, and stick on top of each a small sprig of parsley.

Potatoes à la Duchesse.—Place 8 well-washed large potatoes in a hot oven and bake till done; then remove the skin and mash fine; mix with 1 ounce butter, 1 even tablespoonful salt, ¼ teaspoonful pepper, and the yolks of 2 eggs. Place the potatoes on a molding board, roll them out, ¼ inch thick, and cut into 2-inch-square pieces; cut each square diagonally in half; lay in a buttered pan, brush over with beaten eggs, and bake to a fine golden color in a hot oven; use for garnishing, the same as bread croûtons.

Potato Cakes à la Limerick.—Boil 1 quart of potatoes with 1 quart of water and 1 tablespoonful salt; when done, drain and mash; mix with 1 tablespoonful flour. Form into round flat cakes, make 3 rills on top of each with the back of a knife. Place a frying pan with 4 ounces fine-cut larding pork over the fire, fry light brown; lay in as many potato cakes as will conveniently go into the pan without crowding; fry light brown on both sides; when all are fried, serve with fried or broiled chops, steak, or fish.

Raw Potatoes fried with Pork.—Peel, wash, and cut into thin slices 8 medium-sized potatoes. Place a frying pan with 4 ounces fine-cut larding pork over the fire, fry light brown; then add the potatoes, season with 1 even tablespoonful seasoning salt, fry slowly, and stir often till done, without covering. In place of pork fat, drippings, lard, or butter may be taken.

Lyonnaise Potatoes.—Cut 6 medium-sized peeled potatoes into thin slices and lay in cold water. Peel and cut 2 good-sized white onions into thin slices; 15 minutes before serving, drain and dry the potatoes on a towel. Place a large frying pan with 1 tablespoonful beef fat or lard over the fire; as soon as hot, put in the

potatoes, cook 5 minutes; add the onions, season with ½ even tablespoonful salt and ½ even teaspoonful pepper, stirring occasionally; fry slowly until done; then pour off the fat, turn the potatoes on to a hot dish, in the shape of an omelet, sprinkle over 1 tablespoonful fine-chopped parsley, and serve.

French Fried Potatoes.—Peel 8 medium-sized potatoes, cut each lengthwise into 6 pieces, and place for 30 minutes, or longer, in cold water; 20 minutes before serving put a kettle with 1½ pound of lard or fat over the fire; drain and dry the potatoes on a towel; as soon as the fat is hot, put in some of the potatoes, not too many at one time; fry till light brown; then remove, and lay for a few minutes on blotting paper. When all are done, sprinkle over ½ teaspoonful salt, and serve on a hot dish, or use for garnishing.

Potato Château.—Peel, wash, and cut 8 medium-sized potatoes into quarters, round the edges, and place in cold water; 20 minutes before serving, drain and dry the potatoes on a towel. Place a kettle or a deep frying pan with lard or fat over the fire; when hot put in some of the potatoes, not too many at a time; fry till light brown and done; then remove with a skimmer, lay for a few minutes on blotting paper or brown paper. When all are done, melt 1 tablespoonful butter in a frying pan, add 1 tablespoonful fine-chopped parsley, put in the potatoes, sprinkle over ½ teaspoonful salt, toss for a few minutes over the fire, then serve in a hot dish, or use as a garnish.

Saratoga Chips.—Cut 6 medium-sized peeled potatoes into thin slices, lay in cold water. Place a frying kettle with lard or fat over the fire. Drain and dry the potatoes on a towel. As soon as the fat is hot put in some of the potatoes, not too many at a time, and fry light brown; then remove with a skimmer, lay the chips for a few minutes on blotting paper; sprinkle over 1 even teaspoonful salt, and serve on a hot dish.

Potato Straws.—Cut 6 large peeled potatoes into slices, lay several slices over one another, and cut them into strips, like straws;

place them for 30 minutes in cold water; then drain and dry them on a towel. Have a frying kettle with hot fat over the fire, put in some of the straws, not too many at a time, fry light brown; remove with a skimmer; lay the potatoes for a few minutes on paper; arrange on a hot dish, sprinkle over 1 even teaspoonful salt, and serve; or use for garnished steak or chops.

Potatoes, Stuffed.—Peel 6 large potatoes, cut them lengthwise in half, scoop out the center, and fill them with veal or sausage forcemeat; place the potatoes side by side in a buttered pan, with the stuffed side up, and bake till light brown and done. Serve on a hot dish.

Potatoes à la Florenzo.—Peel 6 large potatoes, wash and cut them into thin slices, lay several slices over one another, and cut them into fine strips, like straws. Butter 6 small molds and sprinkle them with bread crumbs. Season the potatoes with 1 teaspoonful salt and $\frac{1}{4}$ teaspoonful white pepper; fill the molds half full with potatoes, sprinkle over each one $\frac{1}{2}$ tablespoonful grated cheese; then fill with potatoes, cover with grated cheese, and pour 1 teaspoonful melted butter over each one; set the molds in a medium-hot oven, and bake till done. Shortly before serving turn the potatoes out of molds, and serve on a hot dish or as a garnish.

Potato Balls.—Peel 6 large potatoes, cut into round balls with a vegetable cutter, place in a saucepan, cover with cold water, add $\frac{1}{2}$ tablespoonful salt, and boil 5 minutes; then drain off the water, melt 1 ounce butter in a saucepan, add the potatoes, and cook till done, tossing occasionally; sprinkle over 1 teaspoonful fine-chopped parsley, and serve on a hot dish or for garnishing.

Potato à la Parisienne.—Cut 6 large peeled potatoes into balls with a vegetable cutter, place them in a buttered pan, pour over 2 ounces melted butter, and season with $\frac{1}{2}$ teaspoonful salt; bake in a medium-hot oven till done; they should be of a handsome golden color. If they brown too much, cover with buttered paper; use for garnishing.

Potatoes à la Minden.—Peel, wash, and cut into slices 8 medium-sized potatoes; peel and chop fine 2 medium-sized onions; place half the potato slices in a round buttered pan, sprinkle over half the chopped onions, season with $^1/_2$ even teaspoonful salt, $^1/_4$ even teaspoonful pepper, and $^1/_2$ tablespoonful butter in small pieces, putting in the remaining potatoes and onions, season with the same amount of salt and pepper; put $^1/_2$ tablespoonful butter in small pieces over the top, cover the pan tightly, and place in a medium-hot oven; bake until done—about 20 minutes—then serve on a hot dish.

Potatoes à la Bismarck.—Bake 6 large well-washed potatoes in a hot oven till done; take out, cut the potatoes in half, remove the pulp, and mix with 1 teaspoonful salt, $^1/_4$ teaspoonful nutmeg, 1 ounce butter, and $^1/_2$ gill of cream. Then place 1 gill of milk with $^1/_2$ ounce butter over the fire; as soon as it boils add 2 tablespoonfuls of flour; stir over the fire till it forms into a paste, then remove; add this paste with the yolks of 2 eggs to the potatoes; add lastly the 2 whites beaten to a stiff froth; form this mixture into balls like an egg, sprinkle over some fresh grated bread crumbs, lay in a buttered pan, and bake to a fine golden color in a hot oven.

Potato Shaving.—Peel and wash 6 large potatoes; place in a machine (sold for that purpose), cut them into spirals, and put into water. Thirty minutes before serving take them from the water, drain, and dry in a towel, plunge into hot lard, and fry to a fine golden color; remove with a skimmer, lay for a few minutes on blotting paper, besprinkle with salt, and serve on a hot dish, or use as a garnish around broiled or fried meat or fish.

Potatoes à la Sarah Bernhardt.—Cut with a spiral machine 10 large raw potatoes into corkscrew shapes; put them into cold water, drain and dry on a towel, plunge into hot lard, and fry to a fine golden color; remove and drain them on blotting paper, sprinkle over a little salt, and serve on a hot dish.

Potatoes à la Princesse.—Peel and wash 6 large potatoes; place them in a saucepan, cover with cold water, add $^1/_2$ tablespoon-

ful salt, and cook till done; then drain and rub them through a sieve; add 2 ounces butter, the yolks of 2 eggs, ½ teaspoonful nutmeg, ½ even teaspoonful salt, 2 ounces grated cheese, mix well together; form the mixture into small walnut-shaped balls, dip in beaten egg, roll in fresh grated bread crumbs, and lay into a buttered pan; bake in a hot oven to a fine golden color. Serve on a hot dish, or arrange them in clusters around roasted meat.

Potatoes, Sautéd.—Peel and cut 6 medium-sized potatoes into quarters like cloves of garlic, and drop into cold water; 20 minutes before serving drain the potatoes and wipe dry with a clean towel. Place a deep frying pan with drippings or lard over the fire, sufficient to cover the potatoes; when boiling hot, put in as many potatoes as will conveniently go into the pan, fry until done; then remove and fry the remainder the same way. Lay the potatoes for a few minutes on blotting paper to absorb the grease, then place them with ½ ounce butter in a frying pan over the fire, and toss for a few minutes; sprinkle over ½ teaspoonful salt, and serve.

Potatoes à l'Anglaise.—Boil 6 large potatoes with the skin till done; drain and free them from the skin; sprinkle over 1 even teaspoonful salt; lay them in a pan, pour over each potato a little melted butter, and bake in a hot oven to a fine golden color; serve on a hot dish.

Potatoes à la Wurthfleth.—Boil and peel 8 medium-sized potatoes in 1 quart water with 1 tablespoonful salt until done; drain and press the potatoes through a potato press or a sieve. Melt 2 ounces butter in a saucepan, add 2 tablespoonfuls fine-chopped onion, cook 5 minutes without browning; add 1 gill of fine-chopped boiled ham, stir a few minutes; then remove; mix the potatoes with ½ even teaspoonful salt and the same of white pepper; also with the yolks of 3 eggs; set ½ pint of these potatoes aside; add to the remainder the onion and ham, also ½ gill of boiling water with a little beef extract and 1 teaspoonful chopped parsley. Put the prepara-

tion into a buttered soufflé dish; add to the remaining ½ pint of potatoes the beaten whites of 3 eggs and 1 gill of cream; spread it over the potatoes in pan, sprinkle over 2 tablespoonfuls fresh grated bread crumbs; drop over ½ ounce melted butter, and bake to a fine golden color in a hot oven.

Potatoes à la Tabatière.—Prepare the potatoes as for croquettes and form them into round egg-sized balls. Melt 1 ounce butter, add 1 fine-chopped onion, ½ bay leaf, 6 coarsely pounded peppers, cook 5 minutes without browning; add ½ tablespoonful flour, stir and cook 2 minutes; add ½ pint white broth, ½ even teaspoonful salt, cook 5 minutes; strain into a small saucepan; add 2 tablespoonfuls fine-cut boiled beef tongue, 1 gill of fine-cut mushrooms, 1 gill of fine-cut cooked chicken meat, ½ tablespoonful lemon juice mixed with the yolk of 1 egg; stir a few minutes over the fire, then set aside to cool. Scoop out the centers from the potato balls, and fill them with the above preparation; close the opening, dip them in beaten egg, and roll in fresh grated bread crumbs; fry light brown in hot fat; remove, lay them a few minutes on paper, and serve in a folded napkin.

Petites Croûstades de Pommes de Terre.—Boil 1 quart peeled and washed potatoes with 1 quart of water and 1 tablespoonful salt; when done drain off the water, let dry a few minutes over the fire, then rub them through a colander or through a potato press. Mix with 1½ ounce butter the yolks of 4 eggs, ½ even teaspoonful salt, and ½ even teaspoonful pepper. Put the potatoes 2 inches high into a buttered pan, set aside to cool; 30 minutes before serving heat the pan a little, turn the potatoes out, and cut them with a 1½-inch cutter into round pieces; roll them in bread crumbs, dip in beaten egg, and cover with fresh grated bread crumbs. Make an incision on top of each one with a smaller cutter to form a cover, bake to a fine color in deep hot fat. When done lift them with a skimmer on to blotting paper, lift off the cover, take out the inside with a spoon, and fill with a clam purée or codfish à la crême;

replace the cover, and serve. Any kind of salpicon may be taken, or spaghetti l'Italienne.

Potatoes à l'Hanovrienne.—Peel, wash, and cut into quarters 8 good-sized potatoes, place them with 1 quart of cold water, and 1 tablespoonful salt over the fire, cook till done, then drain. Fry 2 ounces fine-chopped larding pork light brown, add 1 fine-chopped onion, cook 5 minutes; add ½ tablespoonful flour, stir and cook 2 minutes; add 1 gill of vinegar, 1 gill of white broth, ¼ teaspoonful pepper, the same of salt and sugar, cook 5 minutes, add the potatoes; toss them a few minutes over the fire, and serve.

Potato Frité.—Peel 6 large potatoes, cut them into thick slices, the slices into strips, wash, drain, and dry on a towel; plunge into hot fat, fry light brown; remove with a skimmer; lay them for a few minutes on blotting or brown paper; sprinkle over some salt, and serve on a hot dish.

Potatoes Messalina.—Peel, wash, and cut into quarters 6 large potatoes, dry on a towel, fry in hot fat till light brown, not too many at one time, then remove; lay them aside for a few minutes. Let the fat get very hot and plunge the potatoes again into it, and fry a few minutes; the potatoes will swell considerably and puff up. Remove and lay them on paper, dust over with salt, and serve on a hot dish.

Potatoes à l'Allemande.—Peel nicely 1 quart small German potatoes, wash, and place them in a saucepan over the fire; cover with veal or chicken broth, add 1 teaspoonful salt, and cook till done. At the same time melt 1 ounce butter in a saucepan, add 1 tablespoonful flour, stir, and cook 3 minutes; add 1 pint of hot milk, a small bouquet, 6 whole peppers, ½ teaspoonful nutmeg, 1 even teaspoonful salt, cook 5 minutes; then strain. Drain the potatoes in a sieve, return them in saucepan to the fire, pour over the sauce, toss them a few minutes over the fire; sprinkle over 1 teaspoonful chopped parsley, and serve.

Potatoes à la Maître d'Hôtel.—Wash 1 quart medium-sized potatoes, place in a saucepan over the fire, cover with 1 quart cold

water, boil until done; drain off the water, remove the skin, and cut the potatoes into slices; return into saucepan. Mix 1 ounce butter with 1 even teaspoonful salt, ¼ even teaspoonful white pepper, ¼ teaspoonful nutmeg; add gradually 2 tablespoonfuls lemon juice and 1 tablespoonful fine-chopped parsley; add this to the potatoes, toss them for a few minutes over the fire; add 1 gill of hot cream, and serve. In place of cream 1 gill of white broth may be taken.

Potatoes à la Diana.—Wash 6 large potatoes and bake them till done; then remove; cut them in half, remove the soft part, and mix it with 1 teaspoonful salt, 2 whole eggs, ½ teaspoonful nutmeg, and ½ gill of cream. Place a saucepan with 1 cup of milk and 2 ounces butter, a little salt, and a sprinkle of sugar over the fire; as soon as it boils add 4 ounces flour, stir, and cook to a smooth paste; then remove, add it to the potatoes, mix all well together; form the preparation into egg-shaped balls; dip into beaten egg, roll in grated bread crumbs, and fry in hot lard to a fine golden color; remove them with a skimmer, drain on paper, and serve on a hot dish.

Potatoes Viennoise.—Boil 8 peeled potatoes with 1 tablespoonful salt in 1 quart of water; when done drain and press through a potato press; mix with 1 even teaspoonful salt, ½ even teaspoonful pepper, 2 ounces butter, the yolks of 3 eggs, ½ gill of cream, and 4 ounces grated Parmesan cheese. Mix well, and form the mixture into round balls the size of an egg. Sprinkle some flour on a pastry board, roll the potatoes into long shapes, thick in the center and pointed at the ends; brush them over with beaten egg; make two slanting incisions on top of each, lay them in a buttered pan, brush over again with egg, and bake to a fine golden color in a hot oven.

Potatoes with Parsley Sauce.—Peel and wash 1 quart small potatoes, place with 1 quart of cold water in a saucepan over the fire, add 1 tablespoonful salt, boil until done. In the meantime

melt 1 tablespoonful butter in a saucepan, add $\frac{1}{2}$ tablespoonful flour, stir, and cook 3 minutes; add $1\frac{1}{2}$ cupful hot milk, cook 3 minutes; season with $\frac{1}{4}$ teaspoonful salt and 1 tablespoonful fine-chopped parsley. Drain the potatoes, return them for a few minutes in saucepan to the fire, add the sauce, and serve in a hot dish.

HOW TO UTILIZE COLD POTATOES.

Hashed Potatoes.—Chop fine some cold boiled potatoes; for 1 pint of chopped potatoes melt $\frac{1}{2}$ tablespoonful butter in a frying pan, put in the potatoes, season with $\frac{1}{2}$ even teaspoonful salt and $\frac{1}{4}$ even teaspoonful pepper, cover, and fry over moderate fire 5 minutes; remove the cover, stir for a few minutes, and serve.

Potato Dumplings.—Boil 9 medium-sized potatoes in 1 quart water, and 1 tablespoonful salt; when done, drain and press them through a potato machine or sieve; put the potatoes in a bowl, add $\frac{1}{2}$ tablespoonful butter, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{2}$ cupful flour, 3 eggs, mix all together; then put a small portion rolled into a ball into boiling water, cook 10 minutes; if too soft it will not hold together, in that case add more flour. Form the preparation into balls the size of an egg, roll in flour, put them in a saucepan of boiling salted water, and cook 10 to 12 minutes, remove with a skimmer and serve; or roll the boiled dumplings in bread-crumbs and fry them light brown in butter.

Potato Dumplings with Bread Croûtons.—The same as in foregoing recipe, the only difference being to add in place of flour 4 tablespoonfuls grated bread crumbs. Another way is to form the above preparation into balls the size of an egg, press them flat, and put in the center 4 small dice-shaped pieces of bread which have previously been fried in butter; then form the potatoes into a round ball again, and finish the same as in foregoing recipe.

Potato Dumplings with Farina.—Peel, wash, and boil 8 medium-sized potatoes with 1 quart water and 1 tablespoonful salt; when done, drain and mash the potatoes, mix with 2 eggs, a little salt,

and 2 tablespoonfuls dry farina; form the preparation into balls the size of an egg; drop into boiling salted water and boil 12 minutes; remove with a skimmer, lay on a hot dish, pour over ½ cupful grated bread crumbs fried brown in butter, and serve.

This preparation may be formed into small balls the size of a hickory nut and boiled in soup; also fine-chopped parsley may be added.

Hashed Potatoes with Onions.—Chop fine some cold boiled potatoes; for 1 quart of chopped potatoes melt 1 small tablespoonful butter in a frying pan, add the potatoes, season with ½ teaspoonful salt, ¼ teaspoonful pepper, cover and fry 5 minutes; stir them well, add 1 fine-chopped onion, cover and cook 3 minutes, and serve.

Fried Potatoes.—Cut some cold boiled potatoes into slices; place a frying pan with 1 tablespoonful drippings over the fire, add 1 quart of sliced potatoes, season with ½ teaspoonful seasoning salt; cover the pan and fry over slow fire 10 minutes, stirring occasionally; then serve.

Fried Potatoes with Green Onions.—Prepare potatoes the same as in foregoing recipe, and 2 minutes before serving add 1 cupful fine-cut green onion, cover, cook 2 minutes, and serve. In place of green onions, ½ cupful fine-chopped onion may be added, or 2 tablespoonfuls fine-chopped chives.

Potato Salad.—See my book Desserts and Salads, recipe 892.

SWEET POTATOES.

Sweet-potato Croquettes.—Mash 6 peeled and boiled sweet potatoes fine; mix them with 1 ounce butter, 2 eggs, and season with ½ teaspoonful salt, ¼ teaspoonful pepper, mixing all together; then form the potatoes into cork-shaped croquettes or into small round balls; dip them into beaten egg, and roll in fresh grated bread crumbs; fry light brown in hot fat; remove, and lay for a few minutes on blotting paper; then serve on a hot dish with roasted, broiled, or fried meat or chicken.

Sweet Potatoes, Boiled.—Place 6 well-washed sweet potatoes in a saucepan, cover with boiling water, and cook till done; then drain, free the potatoes from their skin, and serve in a hot dish.

Sweet Potatoes, Boiled and Baked.—Boil and peel 6 sweet potatoes the same as in foregoing recipe, lay them in a shallow tin pan, pour little melted butter over each potato, place the pan in a hot oven, and bake till they have obtained a fine golden color; serve with roasted meat or poultry. Another way is to cut the boiled potatoes lengthwise into thick slices or crosswise, and fry light brown in butter or fat.

Sweet-potato Balls.—Peel and cut into balls 4 large sweet potatoes with a vegetable cutter, place in a saucepan, cover with boiling water, boil 5 minutes; then drain off the water, return the potato balls in saucepan to the fire, add 1 tablespoonful butter, cook till done, stirring occasionally, and use for garnishing. Another way is to lay the raw potato balls in a buttered pan, pour a little melted butter over, bake in the oven till done, and use the same as above.

TOMATOES.

Tomatoes, Stewed.—Place 8 medium-sized tomatoes in a bowl, cover with boiling water, then remove the skins; cut the tomatoes into quarters, and place in a saucepan over the fire; add 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful white pepper, 1 tablespoonful sugar, $\frac{1}{2}$ ounce butter, cook 20 minutes, and serve. If too thin add 1 teaspoonful cornstarch dissolved in a little cold water, cook a few minutes; then serve.

Tomatoes, Fried.—Wash and wipe 4 large tomatoes, cut each one into 3 slices; season with 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful pepper, dust over with flour; dip each slice separately into beaten egg, and cover with grated bread crumbs. Place a large frying pan with 1 heaping tablespoonful lard or drippings over the fire; when hot, put in as many of the tomato slices as conveniently

will go in the pan without crowding; fry light brown on both sides; remove them to a hot dish, and serve with fried or baked fish, or broiled or fried chops and steak.

Tomato, Sautéd.—Place a deep frying pan over the fire with 2 ounces butter; have the skins removed from 6 tomatoes, cut in halves and press each half gently in the hand to remove some of their moisture. Lay the tomatoes in the melted butter, sprinkle over 1 even teaspoonful seasoning salt, cover and cook 6 minutes; then turn them over, cook 5 minutes longer without a cover. Serve on a hot dish.

Tomatoes, Stuffed.—Select 6 large ripe tomatoes, cut a thin slice from their blossom side, scoop out, and season the inside with 1 teaspoonful seasoning salt, equally distributed. Melt 1 ounce butter in a small saucepan, add 2 tablespoonfuls fine-chopped onion, cook 3 minutes; then add 2 ounces fine-chopped fresh pork (or sausage meat); season with 1 even teaspoonful salt, ½ even teaspoonful pepper, stir and cook 5 minutes; add the scooped-out tomatoes and 4 tablespoonfuls bread crumbs, and, if handy, 2 tablespoonfuls fine-chopped mushrooms, stir this for a few minutes over the fire; fill the tomatoes with this preparation, set in a buttered pan with the stuffed side toward the pan; cover with buttered paper, and bake from 15 to 20 minutes in a hot oven. Remove from the oven as soon as done, and serve. (If sausage meat is used, take only half the seasoning.)

Tomatoes stuffed with Rice Forcemeat.—Cut the blossom side from 6 tomatoes, scoop them out, and season each one with a little salt and pepper. Place 3 tablespoonfuls rice in a saucepan over the fire, cover with cold water, and cook 10 minutes; then drain in a sieve and rinse off with cold water. Melt 1 ounce butter in a small saucepan, add 1 fine-chopped onion, ½ fine-cut green pepper without the seeds, cook 6 minutes; add 6 fine-cut mushrooms, 3 tablespoonfuls of the tomato which was scooped out; season with 1 even teaspoonful salt, ¼ teaspoonful pepper, add the rice,

cook 6 minutes; then fill the tomatoes with this preparation, place them with the open side downward in a buttered tin pan, pour a little melted butter over each one; set in a hot oven, and bake till done; if the tomatoes should get too brown, cover with buttered paper. This quantity will fill 6 large tomatoes or 10 medium-sized ones. Care must be taken to remove them as soon as done; it will take from 20 to 25 minutes to cook them.

Tomatoes à la Traviata.—Wash and wipe 4 medium-sized tomatoes, cut them in halves. Place a deep frying pan over the fire with 2 ounces butter, add 1 gill of fine-chopped onion, cook 5 minutes without browning; put in the tomatoes; sprinkle over 1 even teaspoonful salt, ½ even teaspoonful white pepper, cover and cook 6 minutes; then turn the tomatoes, cook without a cover 5 minutes longer. Lay the tomatoes carefully on a hot dish, pour the sauce over, and serve. They may also be used as a garnish.

Tomatoes, Baked.—Scald 6 tomatoes in boiling water, remove skins, cut into halves, squeeze each half lightly in the hand to press out the moisture; lay them in a round tin pan, pour over 1 ounce melted butter, sprinkle 1 even teaspoonful salt and ½ teaspoonful pepper on them, and bake 10 minutes in a hot oven, basting frequently. Arrange nicely on a warm dish, or use as a garnish for chicken sauté or beefsteak.

Tomatoes, Roasted.—Put 6 medium-sized tomatoes in a bowl, pour over boiling water, remove the skins, cut a piece from tops, scoop out, season with ½ tablespoonful seasoning salt, equally divided; put a small piece of butter into each one; place in a buttered pan; pour a little melted butter over each, put on the pieces cut off, set the pan in a hot oven, and bake 15 minutes; then carefully remove them with a pancake turner to a hot dish, and serve.

Tomato Gratines.—Scald and remove the skins from 6 ripe tomatoes, cut them in halves, press out the seeds; melt 1 ounce butter in a saucepan, put in the tomatoes, sprinkle over 1 even tea-

spoonful salt and ½ even teaspoonful pepper, cover and cook 5 minutes; turn and cook 5 minutes longer. In the meantime place a small saucepan with 1 ounce butter over the fire, add 1 gill fine-chopped onion, cook 3 minutes; add ½ fine-chopped green pepper without the seeds, 6 fine-chopped mushrooms, ½ gill fine-chopped cooked ham, and 1 even teaspoonful salt, cover and cook 5 minutes without browning. Put the tomatoes in a buttered dish; add the sauce from the saucepan, sprinkle over 3 tablespoonfuls grated cheese and 1 tablespoonful grated bread, also a little melted butter, and bake till light brown, then serve in the same dish. The cheese may be omitted if not liked.

Canned Tomatoes, Stewed.—Open a can of tomatoes, pour them into a saucepan, add 1 teaspoonful salt, ½ even teaspoonful pepper, ½ tablespoonful butter, and 1 tablespoonful sugar, cook 15 minutes; if too thin mix 1 teaspoonful cornstarch with a little cold water, add it to the tomatoes, cook 5 minutes; then serve.

Tomato Toast.—Toast 8 small slices of bread, butter them on one side, lay the toast on a hot dish with the buttered side up. Stew a can of tomatoes as in foregoing recipe (omitting the cornstarch); pour the tomatoes over the toast, and serve. Another way is to lay on each piece of toast a thin slice of broiled or fried bacon, and pour the tomatoes over it.

Tomato Salad.—See my book Desserts and Salads, recipe 883.

Stuffed Green Peppers.—Put 6 fresh green peppers in hot fat to remain 2 minutes; take them from the fat, remove the skin, cut a round piece off the bottom, remove the inside, and fill with the following forcemeat: Place a small saucepan with ½ ounce butter over the fire, add 2 tablespoonfuls fine-chopped onion, cook 3 minutes; then add 4 ounces sausage meat or fine-chopped veal, 2 tablespoonfuls fine-chopped mushrooms, 1 fine-chopped tomato, season with pepper and salt, stir and cook 3 minutes; remove from the fire; add 3 tablespoonfuls fresh-grated bread crumbs and 1 tablespoonful milk; fill the peppers with this preparation, place in a

buttered pan, the stuffed side downward; cover with buttered paper, and bake till done—about 20 minutes. Serve with Madeira, Colbert, or truffle sauce.

ASPARAGUS.

Asparagus with Melted Butter.—Peel and wash 1 or 2 fine fresh bunches of asparagus; tie each bunch into 3 bundles, the heads all one way, the ends cut off evenly. Place the asparagus in a saucepan, cover with boiling water, cook 25 minutes; then add to each bunch 1 teaspoonful salt; draw the saucepan to side of stove, let simmer 5 minutes. Lift out and drain; arrange them nicely on a hot dish, pour over some melted butter, allowing 2 ounces for each bunch.

Asparagus à l'Américaine.—Prepare 2 bunches of asparagus as in foregoing recipe; toast and butter 6 small slices of bread; place the toast on a hot dish, pour 1 tablespoonful asparagus water over each piece; lay the asparagus over the toast, pour over 4 ounces melted butter, then serve.

Asparagus à l'Allemande.—Boil 1 bunch of asparagus as in foregoing recipe; 10 minutes before serving mix 1 tablespoonful flour with ½ gill of cold water, add the yolks of 2 eggs, stir for a few minutes; then add gradually 1½ cupful asparagus water while stirring constantly over the fire till nearly boiling; add in small portions 2 ounces butter, stir until the butter is well mingled with the sauce; then add 1 gill of rich sweet cream or 1 tablespoonful unsweetened condensed milk. Arrange the asparagus on a hot dish, and serve the sauce in a sauce bowl.

Asparagus Hollandaise.—Boil 2 bunches of asparagus as in former recipe; place in a saucepan 1 tablespoonful butter and 1 fine-chopped onion; add 6 whole peppers and ½ bay leaf, cook 5 minutes without browning; add 1 heaping tablespoonful flour, stir and cook 3 minutes; then add 1 pint of chicken or veal broth; season with 1 even teaspoonful salt, ½ teaspoonful nutmeg, cook 5

minutes; strain through a sieve into a saucepan. Mix the yolks of 2 eggs with 1 tablespoonful lemon juice, add it gradually to the sauce; set the saucepan on side the stove, add slowly while stirring 1 ounce butter in small portions; stir until hot, without letting it boil, then serve in a sauce bowl. Sufficient for a family of 6.

Asparagus à l'Italienne.—Boil 1 bunch of asparagus as in foregoing recipe; lay it in layers in a dish; sprinkle over each layer 1 tablespoonful grated cheese until all is used. Melt 2 ounces butter in a small saucepan, add 2 tablespoonfuls fine-chopped onion, cook 5 minutes; spread them over the asparagus; sprinkle 2 tablespoonfuls grated cheese over the top and 1 tablespoonful grated bread crumbs. Bake till light brown in a hot oven, and serve in the same dish.

Asparagus à la Vinaigrette.—Boil 2 bunches of asparagus the same as asparagus with melted butter. Rub the yolks of 2 hard-boiled eggs fine, add drop by drop 3 tablespoonfuls salad oil; then 2 tablespoonfuls white vinegar, 2 tablespoonfuls of very finely chopped white shallots or onions, 1 even tablespoonful of salt, 1 even teaspoonful white pepper; mix well together; serve with the boiled asparagus either hot or cold.

Asparagus with Latana Sauce.—Rub fine with a spoon the yolk of 1 hard-boiled egg, add gradually $1\frac{1}{2}$ tablespoonful salad oil, then 1 tablespoonful white vinegar, 1 even teaspoonful salt, $\frac{1}{2}$ even teaspoonful white pepper, 1 tablespoonful fine-chopped onion, the fine-minced white of the boiled egg, mix all together; add last 2 tablespoonfuls of whipped cream (or 1 tablespoonful unsweetened condensed milk) and 1 tablespoonful fine-chopped parsley. Serve with boiled asparagus either hot or cold.

Asparagus with Peas.—Peel 1 bunch of asparagus and cut the tender parts into 1-inch pieces; place in a saucepan, cover with boiling water, add 1 teaspoonful salt, and boil till done. At the same time put 1 pint of young green peas in a saucepan over

the fire, add 1 teaspoonful sugar, cover with boiling water, boil till tender and nearly dry. Melt in another saucepan 2 ounces butter, add 1 tablespoonful flour, stir and cook 3 minutes; add 1½ cupful asparagus water, cook and stir a few minutes; mix the yolks of 2 eggs with ½ cupful cream, add it to the sauce, stir until hot, not allowing it to boil. Drain the asparagus on a sieve, drain also the peas; place them in a hot dish, pour over the sauce, and serve.

Asparagus, Stewed.—Cut 1 bunch of peeled and well-washed asparagus into ½-inch pieces, place them in a saucepan, cover with boiling water, add ½ tablespoonful salt, and boil till tender. In the meantime melt 1 tablespoonful butter, add ½ tablespoonful flour, stir and cook 3 minutes; add 1 cupful of asparagus water and ½ cupful milk, cook 5 minutes; drain the asparagus and put it in the sauce, return it for a few minutes over the fire, then pour it over 6 small slices of buttered toast.

Asparagus, Fried.—Season 1 bunch of cooked asparagus with 1 even teaspoonful seasoning salt, dust with flour, dip in beaten egg, and roll in fine sifted bread crumbs. Place ½ ounce lard and ½ ounce butter in a frying pan over the fire; as soon as hot put in as many asparagus pieces as will conveniently go into the pan, fry light brown, and serve on a hot dish. In place of lard, beef fat may be taken.

Asparagus Salad.—See my book Desserts and Salads, recipe 866.

CABBAGE, Etc.

Creamed Cabbage.—Remove the outer leaves from a medium-sized head of cabbage, cut the head into quarters; core, wash, and place the cabbage in a saucepan, cover with boiling water, add 1 tablespoonful sugar, and boil till done; add ½ tablespoonful salt, draw the saucepan to side of stove, let simmer 10 minutes. Fifteen minutes before serving melt 1 tablespoonful butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint of

hot milk, 1 even teaspoonful salt, ¼ teaspoonful white pepper, cook 5 minutes. Drain the cabbage on a sieve, place it in a hot dish, pour the sauce over, and serve.

Cabbage Rolls.—Remove the outer leaves from a medium-sized head of cabbage, cut out the root and heart; place the cabbage in a saucepan over the fire, cover with boiling water, cook 10 minutes; drain on a sieve and rinse off with cold water, then divide the leaves into 6 parts, season with salt and pepper, and set aside until following forcemeat is prepared: Soak 2 ounces bread 10 minutes in cold water, inclose and press out in a towel. Place a saucepan with ½ tablespoonful butter over the fire, add 1 tablespoonful fine-chopped onion, cook 5 minutes without browning; add the bread, stir and cook 3 minutes; remove, and when cold add 4 ounces sausage meat, ½ even teaspoonful salt and the same of pepper, 1 egg, ½ teaspoonful thyme, and ¼ teaspoonful nutmeg; divide this equally over each part of cabbage, roll up, and tie with a string. Lay 3 thin slices of salt pork in a pan large enough to receive the rolls, add 1 small sliced carrot and 1 sliced onion; put the rolls on top, add 1 cupful white broth, lay 2 thin slices of pork over the top, cover with buttered paper, set the pan in a hot oven, and bake till done (about 40 to 50 minutes), basting frequently Cabbage prepared in this way is mostly used as a garnish for boiled or braised beef, lamb, or mutton.

Cabbage, Stuffed.—Prepare a forcemeat as in foregoing recipe. Remove the outer leaves from a nice medium-sized head of cabbage, cut out the root, place the cabbage in a saucepan, cover with boiling water, add ½ tablespoonful salt, boil 10 minutes; then drain and cool the cabbage in cold water; remove and drain off all the water, then open the leaves and put the forcemeat between them, tie securely with a cord so that the forcemeat can not escape; sprinkle over ½ tablespoonful salt and 1 even teaspoonful pepper, cover the bottom of a round deep pan with 2 sliced onions, 3 slices of salt pork, and a few slices of carrot; lay the cabbage on top, add 1 pint

white broth, cover with buttered paper, and cook till done, basting frequently. When ready to serve, untie the cabbage, lay it on a hot dish, and serve.

Brown Kale à la Paysanne d'Allemande.—For a family of 6 take 4 large or 6 small heads of brown kale, remove and throw away the withered leaves; strip the kale from the stems, cut the small center leaves into small pieces, wash thoroughly several times in cold water; drain well and put in a large covered saucepan, cover with boiling water and boil 10 minutes; then remove the kale with a skimmer to a colander to drain; throw the water in which the kale was boiled away; return the kale to the saucepan, cover with fresh boiling water; wash 2 pounds of bacon in warm water, lay it in the center of kale; add 4 medium-sized fine-cut onions, 4 tablespoonfuls oatmeal, 4 ounces fine-chopped suet, ½ tablespoonful salt, 1 teaspoonful pepper, 1 tablespoonful sugar, cover closely, and boil till done, which will take about 2 hours. Taste; if necessary, add more salt.

Brown Kale with Pinkel.—Prepare the kale as in foregoing recipe, omitting the suet. Procure from a German delicatessen store a nice pinkel, wash, lay it on top the kale, and boil till done.

Brown Kale with Chestnuts.—Procure 3 nice heads of brown kale, remove the withered leaves and strip the kale from the stems, wash it thoroughly several times in cold water; place it in a saucepan, cover with boiling water, set over the fire, and cook 10 minutes; drain in a colander and chop coarsely on a board; return the kale to the saucepan, add 2 tablespoonfuls poultry fat or pure leaf lard; season with 1 even teaspoonful salt, 1 even teaspoonful pepper, and 1 fine-chopped onion, cover with boiling water, and boil till done, which will take 1½ hour. At the same time place 1 pound large chestnuts over the fire, cook 20 minutes; drain, and remove the skin; return the chestnuts in a saucepan to the fire, cover with white bouillon or broth, add 1 teaspoonful sugar, and

boil till tender; then drain, add 1 ounce butter, and toss for a few minutes over the fire. Arrange the kale on a hot dish, around it lay the chestnuts, and around the chestnuts a border of small fried German potatoes.

Spinach à la Crême.—Cut off the stalks from ½ peck of spinach, trim it neatly, and wash it 4 times in plenty of cold water; place in a saucepan, cover with boiling water, add ½ tablespoonful salt; if very young boil it 10 minutes, if old 15 minutes. Remove, drain, and press out all the water, then chop it very fine. Melt 2 ounces butter in a saucepan, add 1 tablespoonful flour, stir, and cook 2 minutes; add ½ pint cream or milk, ½ even teaspoonful salt, ¼ teaspoonful white pepper, cook a few minutes; add the spinach, stir for a few minutes; dress on a hot dish, and garnish with 6 poached eggs or 3 hard-boiled eggs cut into quarters.

Spinach à l'Américaine.—Prepare and wash ½ peck of spinach as in foregoing recipe; place it over the fire in a saucepan, cover with boiling water, add ½ tablespoonful salt, boil 15 minutes; then drain well in a colander, cut through it several times with a knife, place it in a hot covered dish, put 1 ounce butter in small pieces over the top; cover, and set the dish for a few minutes in front of oven; garnish with 3 hard-boiled eggs cut into quarters, and serve with vinegar.

Spinach à l'Espagnole.—Clean and cook ½ peck spinach the same as spinach à la crême; chop it fine. Melt 2 ounces butter in a saucepan, add the spinach, ½ cupful seedless raisins, and ½ cupful fine-chopped almonds; season with ½ even teaspoonful pepper and salt to taste; serve on a hot dish, with 6 bread croûtons.

Spinach à l'Allemande.—Clean and boil ½ peck spinach the same as spinach à la crême; drain, and chop it fine. Melt 1 tablespoonful nice fat in a saucepan, add 1 fine-chopped onion, cook 5 minutes without browning; add 1 tablespoonful flour, stir 2 minutes; add 1½ cup of soup stock, cook 3 minutes; add the spinach, cook, and stir for a few minutes over the fire; taste; if necessary,

add more salt. Serve on a hot dish, garnish with hard-boiled eggs cut into quarters, or poached eggs.

Red Cabbage cooked with Apples.—Place a saucepan with 1½ heaping tablespoonful lard over the fire, add 2 quarts fine-shredded red cabbage, cook, and stir 5 minutes over the fire; add 1½ pint of boiling water, 2 onions with 3 cloves stuck into each, 1 tablespoonful salt, ¼ tablespoonful pepper, 2 tablespoonfuls sugar, ¼ pound dried apples previously soaked ½ hour in cold water; cover, and cook slowly 1½ hour; then add ½ cup of white vinegar, boil 10 minutes longer, and serve.

Red Cabbage à l'Allemande.—Two and a half quarts of fine-shredded red cabbage, 1½ even tablespoonful salt, 1 even tablespoonful pepper, 1 cup boiling water, 1 glass of apple jelly, 2 large onions with 3 cloves stuck in each one, 2 cupfuls red wine, ½ cup vinegar, 1 cup pure lard. Place a large saucepan with the lard over the fire, add the cabbage, stir until well mixed; add 1 cup boiling water, the salt, pepper, and onions, cook 15 minutes; then add the wine and jelly, cover, and let it cook gently; when tender, add ½ cup vinegar, cook 10 minutes longer, and serve.

Cauliflower à l'Allemande.—Separate the roses of a nice head of cauliflower; wash in cold water, and place the roses in a saucepan; cover with boiling water, and boil till tender; then add ½ tablespoonful salt, and draw the saucepan to the side of stove to keep hot until the following sauce is made: Mix in a saucepan 1 heaping tablespoonful flour with ½ cupful cold water, add the yolks of 2 eggs; when well mixed add slowly, stirring constantly, 1½ cupful of the cauliflower water and 1 tablespoonful butter; stir the sauce over the fire till nearly boiling, then remove instantly, add 2 tablespoonfuls sweet cream or 1 tablespoonful unsweetened condensed milk. Put the cauliflower in a dish, and pour the sauce over it. The cauliflower may be boiled whole without separating the roses.

Cauliflower au Gratin.—Clean a large head of cauliflower and wash it well in cold water; place it in a saucepan, cover with boiling water, add ½ tablespoonful salt, boil 15 minutes; then remove the cauliflower from the saucepan and separate the roses. Melt 2 ounces butter in a saucepan, add 2 heaping tablespoonfuls flour, stir and cook 2 minutes; add ½ pint of chicken broth and 1 pint of hot milk, 1 teaspoonful salt, ½ teaspoonful nutmeg, and a small bouquet, cook 6 minutes; remove the bouquet; mix the yolks of 3 eggs with 1 gill of cream, add it to the sauce; remove from fire; pour a few spoonfuls of the sauce in a dish, put the cauliflower on top of the sauce with the stems downward, then pour the remaining sauce over the cauliflower; sprinkle over 4 tablespoonfuls grated Parmesan cheese or American cheese, 1 tablespoonful grated bread crumbs, and a little melted butter; place the dish in a medium-hot oven, and bake to a fine golden color; then serve in the same dish with a folded napkin around it.

Cauliflower à la Villeroi.—Prepare a Villeroi sauce (see Sauces). Separate the roses of a nice head of cauliflower, place in a saucepan, cover with boiling water, boil 15 minutes; then add ½ tablespoonful salt, draw the saucepan to side of stove, let it remain 5 minutes; drain the roses in a sieve, dry on a napkin, sprinkle over 1 even tablespoonful salt and a sprinkle of nutmeg, dip in the Villeroi sauce, lay on a flat dish, and set in a cool place till cold; dip them in fresh grated bread crumbs, then in beaten egg, and again in bread crumbs; fry light brown in deep hot fat, like crullers; remove them with a skimmer to paper, and serve on a hot dish; or use as a garnish around roasted veal or broiled meat.

Savoy Cabbage à la Béchamel.—Remove the outer leaves from a nice head of Savoy cabbage, cut it into quarters, remove the core, and wash the cabbage in cold water; drain; place it in a saucepan, cover with boiling water, add 1 tablespoonful sugar, and boil till nearly done; then add ½ tablespoonful salt, and cook till tender. Shortly before serving, melt 1 tablespoonful butter in a saucepan,

add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint of boiling milk, 1 even teaspoonful salt, boil 3 minutes; drain off all the water from the cabbage, lay it in a hot dish, and pour the sauce over it.

Savoy Cabbage with Butter.—Boil a head of Savoy cabbage, as in foregoing recipe; drain in a sieve; put the cabbage in a hot covered dish; lay 2 ounces butter in small pieces over the cabbage, cover and place it for a few minutes in front of oven, long enough to melt the butter; then serve.

Brussels Sprouts à la Crême.—Clean and wash 1 quart Brussels sprouts, place them in a saucepan, cover with boiling water, add 1 even teaspoonful salt, and boil till tender, about 20 minutes; then drain in a sieve. Melt 1 ounce butter in a saucepan, add 1 teaspoonful flour, stir and cook 3 minutes; add ½ pint cream or milk, cook 2 minutes; season with a sprinkle of salt and sugar. Place the sprouts in a hot dish, pour the sauce over it, and serve.

Brussels Sprouts sautéd in Butter.—Clean and wash in cold water 1 quart of Brussels sprouts; place them in a saucepan, cover with boiling water, add ½ teaspoonful sugar, and boil 10 minutes; drain and rinse off with cold water. Melt 1 tablespoonful butter in a saucepan, add the sprouts, 1 even teaspoonful salt, and ¼ even teaspoonful white pepper; cover and cook till done, about 10 minutes; then serve.

Sauerkraut with Pigs' Tails.—For a family of 6 take 2 quarts of sauerkraut and 3 pounds pigs' tails. Hold the tails over a gas jet, light, or burning paper and singe off the hair; scald in boiling water and rinse off in cold water; place the tails in a saucepan, the kraut on top; add sufficient boiling water to nearly cover the kraut, put on the cover, and boil 1½ hour. Peel 1 large potato, wash and grate, and add it to the sauerkraut, stir and boil 5 minutes; serve the pigs' tails on a hot dish and the kraut in a covered dish. Sauerkraut is at times neither salty nor sour enough; in that case, add some salt and 1 or 2 tablespoonfuls of vinegar; if the kraut

is too salty or too sour, it must be washed in cold water before boiling.

Sauerkraut with Chestnut Purée.—Place 1½ quart of sauerkraut in a saucepan, cover with boiling water, add 4 ounces pure lard and ½ pound of parboiled salt pork, cover and boil 1¼ hour; then pour the kraut into a colander, drain off all the water and fat, return it to saucepan, add 1 pint white wine, and cook 15 minutes. At the same time prepare a chestnut purée. When ready to serve, dress the kraut on a hot dish and lay the chestnut purée in a circle around the dish; or put the purée in a border form, turn it on to a hot dish, and put the sauerkraut in the center. Serve with fresh roasted ham, roasted pork, braised poultry, or with boiled ham.

Sauerkraut with Purée of Peas.—Place 3 pints sauerkraut in a saucepan, add 3 pints boiling water. Place 1½ pound of lean bacon or lean salt pork in another saucepan over the fire, cover with cold water, boil 30 minutes; remove and rinse with cold water, then add it to the sauerkraut, and boil till tender. Shortly before serving, remove the pork or bacon and lay it on a hot dish; dust ½ tablespoonful flour over the sauerkraut, and cook a few minutes. At the same time wash 1 pint of split or shelled peas, place them in a saucepan with 1 quart of cold meat broth, add 1 whole onion and ½ carrot, boil until done and thick (if necessary add more broth); when done press the peas through a sieve into a clean saucepan, add ½ ounce butter, and season to taste with salt and a little white pepper. Dress the sauerkraut on a dish, and lay the pea purée as a border around the kraut; cut the pork or bacon into slices, and lay them around the pea purée; or serve each in separate dishes. Another way is to put some pigs' knuckles in a saucepan over the fire, cover with boiling water, and cook 1 hour; then add the sauerkraut and cook 1½ hour. Taste, and if the kraut has not enough salt add some, and if not sour enough add a little vinegar. When done serve on separate dishes. If salted pigs' knuckles are

taken, boil 30 minutes, then drain, and wash off with cold water; return the knuckles to the saucepan, add fresh boiling water, and cook 30 minutes; then add the kraut and boil till done.

Sauerkraut boiled Plain.—Place 3 pints of sauerkraut in a saucepan over the fire, cover with 1 quart boiling water, add 2 ounces pure leaf lard or beef fat, and cook 1½ hour; then dust over ½ tablespoonful flour, stir and cook a few minutes; serve with roasted or fried pork, tenderloin, or boiled corned ham. If roasted pork is served with the kraut, add in place of lard a few spoonfuls of the pork fat shortly before serving.

Sauerkraut with Frankfürter Sausages.—Cook 3 pints of sauerkraut as in the foregoing recipe; 15 minutes before serving, wash 1½ pound of Frankfürter sausages in cold water, lay them on top the kraut, cover tightly, draw the saucepan to side of stove, let it remain 10 minutes; then remove the sausages; grate 1 large peeled raw potato, add it to the kraut, stir and boil 5 minutes; then serve.

Sea Kale.—Prepared and cooked the same as Brussels sprouts.

BEANS.

String Beans à l'Allemande.—Cut off the tops and bottoms of 2 quarts of fresh string beans, remove the strings from both sides, cut them slantingly into fine slices, wash in cold water, then place in a saucepan over the fire, cover with boiling water; add ½ tablespoonful salt, cook till tender, which will take about 2 hours; drain in a colander. Melt 2 ounces butter in a saucepan, add 1 tablespoonful flour, stir and cook 3 minutes; add 1 pint of milk, 1 even teaspoonful salt, and ¼ teaspoonful white pepper, cook 3 minutes; add the beans, stir for 5 minutes over the fire; taste; if necessary, add more salt; add 1 tablespoonful fine-chopped parsley, and serve.

String Beans, Hanovarian Style.—Boil 2 quarts of string beans as in foregoing recipe. Melt 1 tablespoonful nice drippings in a saucepan, add 2 tablespoonfuls fine-chopped onion, cook 5

minutes; add 1 tablespoonful flour, stir and cook 3 minutes; then add ½ pint of broth or water and 3 tablespoonfuls vinegar, cook 3 minutes. Drain the beans, add them to the sauce; taste; if necessary, add more salt; and serve.

String Beans à l'Américaine.—String and wash 2 quarts beans, cut them slantingly into pieces, place in saucepan, cover with boiling water, add ½ tablespoonful salt, and boil till tender; then drain in a colander, put in a hot dish. Melt 2 ounces butter in a saucepan and pour it over the beans, mix with 2 forks, and serve.

String Beans, Viennoise.—Prepare and cook 2 quarts of beans as in foregoing recipe; when done drain them in a colander. Melt 1 tablespoonful butter or beef fat in a saucepan, add 1 tablespoonful flour, stir and cook a few minutes; add 1 pint of mutton or lamb broth, cook 3 minutes; add the beans, stir and cook a few minutes; season to taste with salt and pepper, then serve.

String Beans, Sautéd.—Procure 1 quart very young fresh string beans, cut off the top and bottom, remove the strings from both sides, wash well in cold water, place in a saucepan, cover with boiling water, add ½ teaspoonful salt, and boil 30 minutes; drain, and put them into cold water; when thoroughly cold drain again, and dry on a towel; melt 1½ ounce butter in a saucepan, add the beans, toss 10 minutes over the fire; season to taste with salt, then serve.

String Beans à la Crême.—Prepare and boil 2 quarts of young string beans in salted water as in foregoing recipe; return the beans to the saucepan, add 2 ounces butter, toss for a few minutes over the fire; mix 1½ cup of cream with the yolks of 3 eggs, add them to the beans, stir until nearly boiling; season to taste with salt, add 1 tablespoonful fine-chopped parsley, and serve.

Beans with Pork and Vinegar.—String and wash 2 quarts string beans, cut them slantingly into pieces, boil in salted water as in foregoing recipe; when done, drain in a colander, place a sauce-

pan with 2 ounces fine-cut larding pork over the fire, fry until it turns a straw-color; then add 2 fine-chopped onions, cook 5 minutes without browning; add 1 tablespoonful flour, stir and cook 2 minutes; add 1½ cupful soup stock and ½ cupful white vinegar, season with ½ even teaspoonful pepper, 1 even teaspoonful sugar, boil 5 minutes; add the beans, stir and cook a few minutes longer, then serve. In place of pork, 2 tablespoonfuls drippings or butter may be taken.

Salted Beans.—String 1 or 2 bushels of young string beans, cut them slantingly into thin slices. Have ready a bag of unbleached muslin, made like a pillowcase; mix the beans with salt, allowing 1 pint of salt for each bushel of beans; pack the beans in the bag, tie the bag together, put it in a well-cleaned butter tub, lay a board over the bag, and a heavy stone on top the board; pour over sufficient salt water (strong enough to float an egg) to cover the bag, and set the tub in a cool place. The beans will keep all winter, in perfect condition, providing they are kept under the salt water.

Salted Beans, Boiled.—Take the desired quantity of salted beans out of the bag, replace the board and stone; wash the beans thoroughly several times in cold water, drain and place in a saucepan, cover with boiling water, cook 30 minutes; then drain in a colander, rinse off with boiling water; return the beans to the saucepan, cover with fresh boiling water, and boil till done, which will take about 2 hours. Shortly before serving, drain the beans, put them in a hot dish, add a piece of butter, mix butter and beans together, then serve.

Beans à la Mikado.—String and wash 2 quarts string beans, place in a saucepan, cover with boiling water, add ½ tablespoonful salt, and cook until done; remove the beans, drain in a colander. Melt 2 ounces butter in a saucepan, then remove; add 2 tablespoonfuls lemon juice, ½ even teaspoonful white pepper, 1 tablespoonful chopped parsley, and ½ teaspoonful nutmeg; mix all together;

add the beans, toss them for a few minutes over the fire; taste; if necessary, add more salt. Arrange the beans on a hot dish, pile them up high in the center, and garnish with sausages prepared as follows: Put 1 cup of lard and 2 cups of flour in a bowl, chop the lard in the flour fine with a knife, add 1 teaspoonful salt and ½ cup cold water; mix with the same knife into a stiff paste, turn it on to a floured board, roll it out thin, and cut out from the paste 12 pieces 5 inches long and 4 inches wide, wash and wipe dry 12 fresh sausages. Mix 1 even teaspoonful salt with ½ even teaspoonful pepper, sprinkle evenly over the sausages; lay 1 sausage in the center of each piece of paste, fold the paste around, close the ends, lay in a shallow tin pan, brush over with beaten egg, and bake in a medium-hot oven to a fine golden color; then lay them around the beans and serve with the following sauce: Boil 1 egg 12 minutes, remove the shell, lay it in cold water; when cold wipe dry and grate on a grater. Melt 1 ounce butter in a cup, add it gradually to the egg, stirring constantly; season with 1 even teaspoonful salt, ½ even teaspoonful white pepper, 1 tablespoonful fine-chopped white onion or shallot, 1 tablespoonful lemon juice, 1 tablespoonful white vinegar, ½ teaspoonful English mustard, add last 1 gill of whipped cream. Put 1 teaspoonful sauce on top of each sausage and serve.

String Beans with Boiled Mutton.—Prepare and cook the beans as in foregoing recipe; place the cooked and well-drained beans in a saucepan; have a breast of mutton or lamb boiled in another saucepan; take a few ladlefuls from the mutton broth, add it to the beans, cook them a few minutes, then serve. Salted string beans can be prepared the same way as fresh beans after they have been cooked and drained.

Salted Beans with Dried White Beans.—Soak 1 pint dried white beans in cold water over night; in the morning place them in a saucepan, cover with cold water, add 1 pound lean bacon, and cook till tender. Place in another saucepan 1 quart of well-washed salted beans, cover with boiling water, cook 30 minutes; drain in a

colander, rinse off with boiling water, return the beans to the saucepan, cover with fresh boiling water, cook 40 minutes; drain them in a sieve. When the white beans are done add the string beans, cook both together 10 minutes, then serve.

String Beans, Preserved.—String and cut the beans slantingly into fine slices, place them in a saucepan, cover with boiling water, cook 20 minutes; then place some clean glass jars on a double folded wet cloth and fill them with the hot beans, put as much salicylic acid into each jar as you can hold on the point of a knife; fill the jars to overflowing with boiling water, close tightly, place in a large kettle of warm water with a cloth tied around each jar (the jars should be 2 inches under the water), boil them 20 minutes; then remove them from the kettle, set them on a table, and if the jars are not full open and fill them with boiling water; close them quickly and set the jars upside down till cold; then examine if they are screwed tightly and set in a cool place.

Preserved Beans, Cooked.—Open a jar of preserved string beans, drain and put them in a saucepan with boiling water, add ½ teaspoonful salt, and cook till tender; then drain and finish the same as fresh string beans.

String Bean Salad.—See my book Desserts and Salads, recipe 878.

Red Beans.—Soak 1 quart well-washed red beans in cold water overnight; in the morning place them with fresh cold water in a saucepan over the fire; as soon as they boil add 1 teaspoonful salt, ¼ teaspoonful pepper, 1 whole onion, and a small bouquet, boil until done; then add 1 ounce butter and ½ gill cream or unsweetened condensed milk, cook for a few minutes, and serve. Another way is to add ½ cupful red wine and 1 onion into which 3 cloves have been stuck.

Lima Beans.—Place 1 quart shelled Lima beans in a saucepan, cover with boiling water, add ½ teaspoonful salt, and boil till ten-

der. Mix ½ teaspoonful cornstarch or flour with ½ tablespoonful butter; add it to the beans, cook a few minutes; add 1 gill of cream or unsweetened condensed milk, a little fine-chopped parsley, season to taste with salt, and serve.

Lima Beans, Sautéd.—Boil 1 quart fresh shelled Lima beans in salted water 30 minutes, then drain off all the water, put the beans into cold water until cold; then drain again, and return to the saucepan, add 1 tablespoonful butter, ½ even teaspoonful salt, ¼ teaspoonful nutmeg, toss over the fire until hot, add ½ gill of cream and 1 teaspoonful fine-chopped parsley, then serve.

Dried Lima Beans.—Soak 1 quart dried Lima beans in cold water overnight; in the morning drain and place them in a saucepan with ½ pound of lean, well-washed salt pork, cover with cold water, and cook till tender; remove the pork, mix ½ tablespoonful butter with ½ teaspoonful flour, add it to the beans; season with ¼ teaspoonful white pepper and salt to taste, cook a few minutes; add 1 tablespoonful unsweetened condensed milk and a little fine-chopped parsley, then serve.

Pork and Beans.—Soak 1 quart dried beans for several hours in cold water; drain and place them in a saucepan; cover with cold water; add 1 pound salt pork and 2 whole onions; cook until the beans are tender, but not broken, which will take about 2 hours; then pour the beans into a dish; add 1 tablespoonful molasses, ¼ teaspoonful white pepper and a little salt; lay the pork in the center, and bake 1 hour.

Baked Beans with Tomato Sauce.—Boil 1 pint beans with ½ pound pork the same as in foregoing recipe; when done, drain them in a colander. Prepare a tomato sauce the same as on page 95; put the beans with the sauce into a dish, lay the pork in the center, and bake 1 hour.

PEAS.

Green Peas—Modern Style.—Shell ½ peck of young peas, put them in a saucepan, add 1 tablespoonful sugar and sufficient boiling water to barely cover; add 2 ounces butter and 1 head of lettuce, boil 15 minutes; then add 1 even teaspoonful salt, remove the lettuce, and cook till nearly dry; add ¼ teaspoonful white pepper. Mix the yolks of 2 eggs with ½ cupful cream, add it to the peas, let it remain for a few minutes over the fire without boiling, then serve.

Green Peas à l'Allemande.—Shell ½ peck fresh green peas, place them in a saucepan over the fire, barely cover with boiling water, add 1 tablespoonful sugar, and cook till tender; then add 1 even teaspoonful salt. Mix 1 tablespoonful butter with 1 teaspoonful flour, add it to the peas, stir and cook for a few minutes; taste; if necessary, add more salt; add last 1 tablespoonful fine-chopped parsley, and serve.

Stewed Peas and Carrots à l'Allemande.—Clean and cut into slices 3 or 4 carrots, lay several slices over one another, and cut them into fine narrow strips, like straws, then measure; there should be 1 pint. Place in a saucepan over the fire, cover with boiling water, add 1 tablespoonful sugar, and cook 30 minutes; then add 1 pint of fresh green shelled peas, cook 20 minutes; season with 1 teaspoonful salt; mix 1 tablespoonful butter with ½ tablespoonful flour, add it to the vegetables, stir and cook 3 minutes; add 2 tablespoonfuls cream or a little unsweetened condensed milk, add last 1 tablespoonful fine-chopped parsley; taste, and if necessary add more salt, then serve.

Green Peas à l'Américaine.—Shell ½ peck fresh green peas, place them in a saucepan over the fire, cover with boiling water; add 1 teaspoonful sugar, cook till nearly done, then add 1 teaspoonful salt, and cook a few minutes longer; add 1 tablespoonful butter, stir until melted, then serve. (Care must be taken not to have too

much liquid on the peas.) Another way is to boil the peas as above, and when done, drain and return them to saucepan, add 1½ ounce butter, toss for a few minutes, then serve.

Green Peas à l'Anglaise.—Shell ½ peck fresh green peas, place them in a saucepan, cover with boiling water, add 1 sprig of mint, 1 teaspoonful salt, and cook till tender; remove the mint. Mix 1 tablespoonful butter with ½ teaspoonful flour; add it to the peas, stir and cook 3 minutes; season to taste with salt, and serve. The flour may be omitted.

Green-pea Purée.—Place 1½ pint shelled green peas in a saucepan, cover with boiling water, add 1 teaspoonful sugar, and boil till tender; drain and press through a sieve; melt 1 tablespoonful butter, add ½ tablespoonful flour, stir and cook 3 minutes; add ½ cupful milk, 1 even teaspoonful salt, cook for a few minutes; add the purée of peas and ½ gill of cream, mix all well together, and use as directed in previous recipe.

CARROTS, TURNIPS, Etc.

Carrot Balls.—Scrape and wash 4 large carrots, cut them into round balls with a vegetable cutter, then measure (there should be 1 pint). Place in a saucepan over the fire, cover with boiling water; add 1 teaspoonful sugar, and cook till done; then add ½ teaspoonful salt, cook for a few minutes; drain of the water, add ½ ounce butter, toss a few minutes over the fire, and use for garnishing.

Stewed Carrots à l'Allemande.—Scrape and clean 3 to 4 large carrots, wash, and cut them into slices, lay several slices over one another, and cut into narrow strips, like straws; then measure (there should be 1½ pint). Place in a saucepan, cover with 1½ pint boiling water, add 1 tablespoonful sugar, and cook till tender; then add 1 teaspoonful salt. Mix 1 teaspoonful cornstarch or flour with 1 tablespoonful butter, add it to the carrots, cook slowly 5 minutes; add ½ gill of cream or unsweetened condensed milk, add

last 1 tablespoonful fine-chopped parsley; then taste; if necessary, add more salt, and serve.

Young Carrots and Lima Beans.—Scrape and wash 2 or 3 bunches of young carrots, cut them into small dices, then measure (there should be 1 pint). Place in a saucepan over the fire, add 1 teaspoonful sugar, boil 10 minutes; then add 1 pint of shelled Lima beans, cook until done; add 1 teaspoonful salt. Mix 1 tablespoonful butter with 1 teaspoonful flour, add it to the vegetables, cook a few minutes; add 1 gill of cream, or a little unsweetened condensed milk, and 1 tablespoonful fine-chopped parsley; if necessary, add more salt, and serve.

Creamed White Turnips.—Peel and cut into slices 6 medium-sized white turnips, cut each into 2, lay 3 slices over one another, and cut into strips. Place the turnips in a saucepan, cover with boiling water; add 1 teaspoonful sugar, and boil till tender; then add $\frac{1}{2}$ teaspoonful salt. Ten minutes before serving set a small saucepan with 1 teaspoonful flour and $\frac{1}{2}$ tablespoonful butter over the fire, stir, and cook 2 minutes; add 1 cupful boiling milk, cook 3 minutes; season with $\frac{1}{2}$ even teaspoonful salt, a little white pepper, and 1 tablespoonful fine-chopped parsley, drain the turnips in a colander; pour into a hot dish and the sauce over them.

White Turnips à la Crême.—Pare and wash 8 medium-sized white turnips, cut into thick slices, the slices into strips, then measure (there should be 1 quart); place them into a saucepan, cover with boiling water, add 1 teaspoonful sugar, and boil till tender; then add 1 teaspoonful salt, cook a few minutes longer; drain in a colander. Melt 1 ounce butter in a saucepan, add 1 teaspoonful of flour, stir, and cook a few minutes, add $1\frac{1}{2}$ cupful hot milk, cook 3 minutes; add the turnips, cook and stir lightly a few minutes over the fire; taste; if necessary, add more salt; then add $\frac{1}{4}$ teaspoonful white pepper and 1 tablespoonful chopped parsley, and serve.

White-turnip Purée.—Peel 8 medium-sized white turnips, wash and cut them into quarters. Place with 1 quart boiling water over the fire; add 1 teaspoonful sugar, and boil till tender; then drain, and press through a sieve into a clean saucepan; add 1 ounce butter and 1 tablespoonful unsweetened condensed milk, 1 teaspoonful salt, and a little white pepper; stir for a few minutes over the fire; and serve. Russian-turnip purée is prepared the same.

Turnip Balls.—Peel several large white turnips, wash, and cut them with a vegetable cutter into small balls, place in a saucepan, cover with boiling water; add 1 teaspoonful sugar, boil until nearly done; then add 1 teaspoonful salt, cook 3 minutes; drain on a sieve and return to saucepan, add 1 ounce butter, toss for a few minutes over the fire, and use as a garnish. Russian turnip balls may be prepared in the same way.

Russian Turnips with Frankfürter Sausages.—Place a saucepan with 2 medium-sized peeled, washed, and finely cut turnips over the fire, cover with boiling water, add ½ tablespoonful sugar, cook 1 hour; then add 1 quart peeled potatoes cut into quarters, add 1 tablespoonful salt; as soon as it begins to boil lay 2 pounds Frankfürter sausages on top the turnips, cook slowly 10 minutes; remove the sausages, keep them warm. Fry 4 ounces fine-cut larding pork light brown; add 2 fine-chopped onions, cook 5 minutes; add 1 tablespoonful flour, stir, and cook 2 minutes; add the water from the vegetables, cook a few minutes; then pour it over the turnips and potatoes; taste; if necessary, add more salt; add ½ teaspoonful white pepper, and serve in an oblong dish, lay the Frankfürters in a circle around it; sprinkle 1 tablespoonful fine-chopped parsley over the whole, and serve.

Russian Turnips with Lamb.—Place a saucepan with 3 pounds of lamb from the forequarter over the fire, cover with boiling water, add 1 tablespoonful salt and 1 even teaspoonful pepper, boil 30 minutes; then add 1 quart of peeled and fine-cut Russian turnips, cook 1 hour; add 1 quart of potatoes, peeled and cut into

quarters, and cook until done; take out the meat. Mix 1 tablespoonful butter with 1 tablespoonful flour, add it to the vegetables, cook 5 minutes; taste, and if necessary add more salt and pepper, then serve with the meat. The butter may be omitted, and the flour mixed with a little cold water and then added.

Russian Turnips, Creamed.—Peel 1 large Russian turnip, cut it into slices, then lay several slices over one another, and cut them into narrow strips; measure them. For 1 quart of the cut turnips, allow 1 quart of boiling water and 1 tablespoonful sugar, boil till done; then add 1 teaspoonful salt, cook a few minutes longer; drain in a colander. Melt 1 tablespoonful butter, add $\frac{1}{2}$ tablespoonful flour, cook 2 minutes; add 1 cup of boiling milk, boil 2 minutes; add the turnips, mix and cook a few minutes longer, then add a little fine-chopped parsley, and serve.

Turnip with Bouillon.—Peel and cut into quarters 8 medium-sized white turnips, place them in a saucepan over the fire, cover with boiling water; add 1 teaspoonful sugar, and cook till nearly done; then add 1 teaspoonful salt, cook 5 minutes; drain in a colander. Melt 1 tablespoonful butter or good fat in a saucepan, add $\frac{1}{2}$ tablespoonful flour, stir and cook 3 minutes; add $1\frac{1}{2}$ cupful white broth or soup stock, cook 3 minutes; add the turnips; season to taste with salt; add $\frac{1}{4}$ teaspoonful pepper and 1 tablespoonful fine-chopped parsley; toss for a few minutes over the fire, and serve.

Russian turnips are prepared in the same way, only cut them first into slices, then into strips.

Russian Turnips, Boiled.—Peel 2 medium-sized Russian turnips, cut each one into quarters, wash and place in a saucepan over the fire, cover with boiling water; add 1 tablespoonful sugar, and boil till tender, which will take 2 hours; then add 1 teaspoonful salt, let cook 10 minutes longer, then drain and serve.

Russian Turnips with Bacon and Potatoes.—Peel 2 medium-sized turnips, cut them into slices, the slices into strips.

Place a saucepan with 1½ pound well-washed lean bacon over the fire, and cover with cold water; as soon as it boils add the fine-cut turnips, boil 1 hour; then add 1 quart potatoes cut into quarters, boil until done; season with salt and pepper to taste. Mix ½ tablespoonful flour with 1 ounce butter, add it to the vegetables, cook 5 minutes; cut the bacon into thin slices, and serve.

Squash.—Place 1 quart of fine-cut peeled squash in a saucepan, cover with 1 quart of boiling water, add 1 tablespoonful sugar, and cook till tender; then drain; rub it through a sieve or colander, let it stand 5 minutes, and drain again; return to the saucepan, add 1 tablespoonful butter, season to taste with salt, stir for a few minutes over the fire, and serve.

CORN, BEETS, CELERY, Etc.

Corn Fritters.—Mix the yolks of 2 eggs in a bowl with ½ cupful milk, add 1 cupful sifted flour, 1 even teaspoonful salt, 2 cups of grated or chopped corn, and the whites of 2 eggs beaten to a stiff froth (if too thick, add a little more milk). Place a large frying pan over the fire with 1 tablespoonful lard or fat, when hot put small portions of the mixture with a spoon into the hot fat to form small round cakes, and bake light brown on both sides. Serve on a hot dish.

Mock Oysters.—Take 3 or 4 ears of young green corn, cut the corn from the cob, then measure it; there should be 1 pint. Put the corn in a bowl, add the yolks of 2 eggs, 2 tablespoonfuls of flour, 1 even teaspoonful salt, ½ even teaspoonful white pepper, and last the whites beaten to a stiff froth. Place a frying pan with 1 tablespoonful lard or fat over the fire; put the mixture with a teaspoon into the hot fat (the size of an oyster), and fry light brown on both sides. Serve for breakfast or lunch with broiled or fried meat.

Corn Pudding.—Cut the corn from the cob of 4 or 5 ears of fresh green corn, then measure it; there should be 1 heaping pint.

Put the corn in a bowl, add the yolks of 3 eggs, 1 pint of milk, 1 ounce melted butter, 1 even teaspoonful salt, 1 tablespoonful sugar, the 3 whites beaten to a stiff froth, and 1/4 teaspoonful white pepper, mix all well together. Pour the preparation into a quart buttered pudding dish, and bake in medium-hot oven till firm to the touch; then remove, and serve in same dish it was baked. Serve with broiled chops or steaks, or with roasted lamb. If canned corn is taken, use 1 can of corn, and prepare in the same way as above.

Green Corn.—For a family of 6 procure about 9 ears of young green corn, remove the leaves and silk, place the corn in a saucepan, cover with boiling water; add 1 tablespoonful sugar, and boil 15 minutes; then remove and serve with butter and salt. Corn is much sweeter if boiled with sugar in place of salt.

Creamed Corn.—Cut the corn from 6 ears of fresh young sweet corn, place it in a saucepan, cover with milk, add 1 tablespoonful sugar, boil slowly 10 minutes; then add 1 even teaspoonful salt, 1/4 teaspoonful white pepper; mix 1/2 tablespoonful cornstarch or flour with 1 tablespoonful butter, add it to the corn, stir and cook for a few minutes; taste; if necessary, add more salt, then serve.

Succotash of Corn and Lima Beans.—Place a saucepan with 1 pint of fresh shelled Lima beans over the fire, cover with boiling water, add small teaspoonful salt, and cook till tender, which will take about 30 minutes. Cut the corn from 4 ears of fresh green corn, place the corn in a separate saucepan, cover with milk, add 1 tablespoonful sugar, cook 10 minutes; mix 1/2 tablespoonful cornstarch or flour with 1 tablespoonful butter, add it to the corn, season with 1 even teaspoonful salt, 1/2 even teaspoonful white pepper, cook 3 minutes; drain the Lima beans, add them to the corn, cook 2 minutes, and serve.

Succotash of Corn and String Beans.—String and cut 1 quart fresh string beans slantingly into pieces, wash and drain;

place them in a saucepan, cover with boiling water, add ½ tablespoonful salt, and boil till tender, about 1½ hour. Cut the corn from the cobs of 6 ears of fresh green corn, place it in a saucepan, cover with milk, add 1 tablespoonful sugar, and boil 10 minutes. As soon as the beans are done, drain in a colander, return the beans to the saucepan, add the corn; mix 1 tablespoonful cornstarch or flour with 1 tablespoonful butter, add it to the succotash (if too thick, add a little milk); season with ¼ teaspoonful white pepper, and, if necessary, add more salt, cook a few minutes and serve. In place of fresh corn, canned corn may be taken.

Corn à la Doré.—Cut the corn from 3 or 4 young ears of fresh corn, then measure; there should be 1 heaping pint. Place the corn in a bowl, add ½ tablespoonful sugar, 2 eggs, and ½ teaspoonful salt. Set at the same time a saucepan with ½ cupful fine-cut onion over the fire, add 2 ounces butter, and cook 5 minutes; then add ½ can of tomatoes, 1 teaspoonful sugar, ½ teaspoonful salt, and ¼ teaspoonful pepper, cook 10 minutes; rub the tomatoes through a sieve, add them to the corn; mix all together; put the preparation in a buttered dish and bake till firm, which will take from 10 to 15 minutes. Serve in the same dish.

Corn l'Italienne.—Place a saucepan over the fire, with 2 fine-cut white onions, 1 ounce butter, 1 fine-chopped green pepper without the seeds, ½ cupful fine-chopped mushrooms, cook 5 minutes; add ½ can of tomatoes, ½ tablespoonful sugar, ½ teaspoonful salt, cook 15 minutes. Open 1 can of sweet corn and turn it into a dish, mix with 2 well-beaten eggs, 1 teaspoonful sugar, 1 teaspoonful salt; remove the tomatoes, set them aside to cool; then mix with the corn. Butter a pudding dish, one which can be sent to the table, pour in the mixture; place in a medium-hot oven till firm, which will take from 10 to 15 minutes.

Eggplant, Fried.—Peel and cut the eggplant into thin slices, lay them in a bowl; mix 1 quart water with 1 tablespoonful salt, pour it over the eggplant, put a small plate on top the slices

to keep them under water, let remain in the water for several hours; or, if wanted for breakfast, all night. When ready to cook, dry the egg plant on a towel, dust with flour, dip in beaten egg, and cover with bread crumbs; place a frying pan with ½ tablespoonful butter over the fire, when hot put in as many slices as will conveniently go in and fry on both sides to a fine golden color. Serve on a hot dish.

Eggplant, Stuffed.—Select 3 small eggplants, cut each one in half, making 3 incisions inside of each, drop into hot fat, and fry 2 minutes; then remove, scoop out the fleshy part, leaving ½ inch thickness on the skin; fill each with veal or chicken forcemeat, sprinkle over some bread crumbs and a little melted butter; lay in a shallow tin pan and bake till light brown, then serve with tomato sauce à l'allemande.

Beets, Boiled.—Place 1 quart well-washed beets in a saucepan, cover with boiling water, and cook till done; then drain and peel, cut into quarters, place in a hot dish; sprinkle over the beets 1 teaspoonful salt, ½ even teaspoonful pepper, and 2 ounces melted butter, then serve. Another way is to prepare and cook the beets as above, but adding last ½ cupful cream.

Beets in Vinegar.—Place 1 quart well-washed beets with boiling water in a saucepan over the fire, boil till done; then drain off the water, remove the skin; put the beets into a jar, sprinkle over 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoonful sugar, add sufficient vinegar to cover, then close tightly and keep them in a cool place. Beets prepared in this way are very handy for salads and garnishing.

Beets sliced in Vinegar.—Boil the beets as in foregoing recipe; remove the skin, cut into slices, place in a dish; season with 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoonful sugar; mix the seasoning and beets well together; then mix 1½ gill of vinegar with ½ gill of cold water, pour it over the beets and serve when cold. If onions are liked, cut 2 medium-sized onions

into thin slices, and lay them between the beets, or chop them fine; 1 teaspoonful caraway seeds may be added if liked.

Beet Tops, Boiled.—Pick over carefully ½ peck of young beet tops, wash them several times in plenty of cold water; place them in a saucepan, cover with boiling water, add 1 tablespoonful salt, and boil till tender; then drain in colander, press out all the water, chop coarsely, and place them in a hot dish; pour over 2 ounces melted butter, season with ½ even teaspoonful pepper. Serve with vinegar and boiled meat.

Celery with Oysters.—Place a saucepan with 1 pint of fine-cut table celery over the fire, cover with boiling water, and boil till tender; season with 1 even teaspoonful salt, ¼ teaspoonful white pepper, mix 1 teaspoonful cornstarch or flour with 1 ounce butter, add it to the celery; add 12 oysters without their liquor, cook until the oysters begin to ruffle; then lay 6 slices of buttered toast on to a hot dish, pour over the celery preparation, having 2 oysters on each piece of toast, and serve. If handy, add ½ gill of cream.

Celery à la Crême.—Clean and cut 2 heads of celery into 1-inch pieces, then measure; there should be 1½ pint. Place the celery in a saucepan over the fire, cover with boiling water, add 1 teaspoonful salt and ¼ teaspoonful pepper, cook till done; then drain off the water. Melt 1 ounce butter in a saucepan, add 1 teaspoonful flour, cook and stir 3 minutes; add ½ pint hot milk, ¼ teaspoonful salt, ½ bay leaf, and 6 whole peppers, cook 5 minutes; then strain the sauce into a clean saucepan, add 1 gill of cream and the celery, toss it for a few minutes over the fire, and serve on a hot dish; garnish with 6 bread croûtons.

Celery-root Salad.—See my book Desserts and Salads, recipe 871.

CUCUMBERS, Etc.

Cucumber Fritée.—Peel 4 medium-sized cucumbers, cut them lengthwise in halves, scoop out the inside, and cut each half lengthwise in 2 pieces; place in a saucepan, cover with boiling water; add

½ tablespoonful salt and 1 tablespoonful vinegar, boil 10 minutes; then remove and lay them in cold water; when perfectly cold, take the cucumbers from the water, dry on a towel, and dust with flour; dip each piece into beaten egg and roll in bread crumbs. Melt 1 tablespoonful leaf lard or fat in a frying pan over a moderate fire, when hot lay in as many cucumber pieces as will conveniently go in; fry light brown on both sides and well done; remove, lay on a hot dish, and fry the remainder the same way. Serve with broiled, fried, or roasted meat or fish.

Cucumber Sauté.—Peel 6 fresh medium-sized cucumbers, cut them lengthwise in quarters, remove the seedy part; place the cucumbers in a saucepan, cover with boiling water, and boil 10 minutes, then drain off the water and plunge them into cold water. Melt 2 ounces butter in a saucepan, drain and dry the cucumbers on a towel, add them to the butter, season with 1 even teaspoonful salt, ½ even teaspoonful pepper, ½ teaspoonful sugar, 2 gills of white broth, and cook till tender. Melt ½ ounce butter in a small saucepan, add 1 teaspoonful flour, cook and stir 2 minutes; add ½ cup of hot milk, a sprinkle of salt, and cook a few minutes; add the sauce to the cucumbers, cook 3 minutes, and serve.

Cucumber à la Béchamel.—Peel and cut 6 small cucumbers into quarters, remove the seedy part, and place them with boiling water in a saucepan over the fire, add ½ tablespoonful salt, and boil till tender, then drain and plunge them into cold water, remove and drain again. In the meantime melt 1 tablespoonful butter in a saucepan, add ½ tablespoonful flour, ½ bay leaf, 12 whole peppers, stir and cook 2 minutes, add 1 cupful hot milk, ½ even teaspoonful salt, ¼ even teaspoonful pepper and the same of nutmeg, 1 gill of mushroom liquor, cook 5 minutes, strain the sauce in a clean saucepan, add the cucumbers, let them simmer a few minutes over the fire; then serve.

Cucumber, Stuffed.—Peel 6 small cucumbers, cut off the ends, scoop out the inside with a vegetable cutter, place the cucum-

bers in a saucepan, cover with boiling water, add 1 tablespoonful vinegar and 1 teaspoonful salt, cook 5 minutes, then drain, and put them in cold water. Prepare a chicken forcemeat from ½ a breast of chicken; dry the cucumbers and fill the inside with the forcemeat, lay 3 thin slices of pork in a round pan, put the cucumbers on top the pork, sprinkle over 1 teaspoonful salt, ¼ teaspoonful pepper, add ½ pint of white broth, cover with buttered paper, and bake in a medium-hot oven from 20 to 25 minutes. In the meantime fry in ½ ounce butter 1 fine-chopped onion, add 1 bay leaf and 12 whole peppers, cook 5 minutes; add ½ tablespoonful flour, stir and cook 3 minutes; add ½ pint broth or soup stock, ½ even teaspoonful salt, ½ gill of sherry or Madeira wine, ½ teaspoonful beef extract, cook 5 minutes, then strain. Pour the sauce on a hot dish and dress the cucumbers over it, and serve with roasted, braised, fried, or broiled lamb, mutton, or beef.

Cucumber à l'Allemande.—Peel and cut 4 fresh cucumbers into halves, remove the insides, and cut each half into pieces 1 inch in size, place them with boiling water in a saucepan, and cook 10 minutes; drain and lay them in cold water. Melt 2 ounces butter in the saucepan, drain the cucumbers, add them to the butter, season with 1 even teaspoonful salt and ½ even teaspoonful pepper, toss them a few minutes over the fire, add 1 cupful chicken or veal broth, cook until the cucumbers are done, which will take about 20 minutes, then mix the yolks of 2 eggs with ½ cupful cream, add them to the cucumbers, stir them gently for 3 minutes over the fire, without letting them boil, add last 1 teaspoonful fine-chopped parsley. Serve on a hot dish with roasted lamb.

Endives with Cream.—Procure about 4 heads of endives (chicory), remove the outer leaves, wash several times in cold water; place the endives in a saucepan, cover with boiling water, add ½ tablespoonful salt, and boil about 10 minutes; drain on a sieve, rinse off with boiling water, return to saucepan, cover with boiling water, boil 5 minutes, then drain; lay the endives for a

few minutes in cold water, drain and press out dry, chop fine, and place it with 2 ounces melted butter in a saucepan over the fire; stir often and cook 10 minutes; season with 1 teaspoonful salt, 1/2 even teaspoonful pepper, 1/4 teaspoonful nutmeg, and the same of sugar; sprinkle over 1/2 tablespoonful flour, mix well together, add 3/4 cupful cream or milk, stir and cook 2 minutes, then serve.

Sorrel with Cream.—Pick over and wash several times in cold water 1/2 peck of sorrels, chop very fine with 1 head of lettuce; place the sorrels in a saucepan over the fire, cover and cook about 10 minutes; add 2 ounces butter, season with 1 teaspoonful salt, 1/2 even teaspoonful pepper, cook until done; then mix 1/4 cupful cream with the yolks of 2 eggs, add it to the sorrels, stir for a few minutes, and serve with boiled or roasted meat.

Lettuce, Stuffed.—Remove the outer leaves from 6 round heads of lettuce, wash in cold water, place in a saucepan, cover with boiling water, and cook 5 minutes; drain and cool in cold water, remove and drain again; then lay 1 tablespoonful forcemeat either of veal or sausage meat on top of each head of lettuce, roll them up, and tie with a string into a round shape; lay 3 thin slices of larding pork in a round pan with the lettuce on top, add 1/2 pint of white broth; sprinkle over 1/2 teaspoonful salt, 1/4 teaspoonful white pepper, cover with buttered paper, place in the oven, and bake till done, about 20 minutes. In the meantime melt 1 tablespoonful butter, add 1 tablespoonful fine-chopped onion, 1/2 bay leaf, 6 whole peppers, cook 5 minutes; add 1/2 tablespoonful flour, stir and cook 2 minutes; lay the lettuce on a hot dish, add the gravy from the lettuce to the sauce and sufficient broth to make a creamy sauce, then 1/2 teaspoonful beef extract, cook 5 minutes. Season with salt and pepper to taste, add 1/2 tablespoonful lemon juice or a little Madeira wine, cook 2 minutes, then strain; remove the strings from the lettuce, pour the sauce over, and serve with braised beef or mutton. The lettuce may be prepared in the same way, omitting the forcemeat.

OYSTER PLANT, PARSNIP, ARTICHOKE, Etc.

Oyster Plant, Boiled.—Scrape and wash 1 bunch of oyster plant, drop them as soon as one is cleaned into 1 quart of cold water to which ½ gill of vinegar has been added; when they are all cleaned tie into 3 bundles, cut all of an even size. Place a saucepan with 3 pints of boiling water over the fire, mix 1 tablespoonful flour with ½ cupful cold water, stir it into the boiling water; add the juice of ½ lemon, ½ tablespoonful salt, and ½ ounce of butter, put in the oyster plant, cook till tender. When done remove from the saucepan, cut each plant in half, lay in a hot dish, and cover with the following sauce: Melt 1 tablespoonful butter, add 1 tablespoonful flour, 6 whole peppers, and ½ bay leaf, stir and cook 3 minutes; add 1½ cupful milk (if handy, 1 gill of mushroom liquor), 1 even teaspoonful salt, ½ teaspoonful pepper, cook 5 minutes; then strain the sauce over the oyster plant and serve.

Oyster Plant, Fried.—Clean, wash, and boil 1 bunch of oyster plant the same as in foregoing recipe. When cooked remove and wipe dry, dust with flour, dip into beaten egg, roll in fine sifted bread crumbs, and fry light brown in hot fat to a fine golden color.

Oyster Plant Frité.—Prepare and boil 1 bunch of oyster plant as in foregoing recipe. Remove the cooked oyster plant and dry on a towel. Then prepare a batter; mix the yolks of 2 eggs with ½ cupful beer, 1 teaspoonful butter, 4 tablespoonfuls flour, ¼ teaspoonful salt, and lastly the whites beaten to a stiff froth; mix all well together. Have a deep pan or kettle with hot fat over the fire, dip the oyster plants in the batter, drop into the hot fat, not too many at one time, and fry light brown; then remove with a skimmer and lay for a few minutes on paper. Dress them on a hot dish and serve with roasted, broiled, or fried meat.

Parsnips, Boiled and Fried.—Clean and wash 3 medium-sized parsnips, place them in a saucepan, cover with boiling water, and

boil till done; then remove from the water, cut them lengthwise into thick slices. Place a frying pan with 1 tablespoonful drippings over the fire; as soon as hot put in the parsnips and fry light brown on both sides, then serve. Another way is to lay the parsnips after they have been boiled in the pan with roast meat and roast to a fine golden color.

Artichokes au Naturel.—Procure 6 fresh artichokes, remove the lower outer leaves, cut the tips from the upper ones, trim the bottoms neatly, wash in cold water, rub over each a little lemon juice, and lay in cold water. Forty minutes before serving, put them in a saucepan of boiling water, add ½ tablespoonful salt and the juice of 1 lemon, cover and cook till tender, or until the leaves detach easily. Then drain the artichokes, remove the chokes in center, dress them upside down on a napkin, and serve with melted butter, butter, Hollandaise, or vinaigrette sauce.

Artichokes à la Barigoule.—Remove all the lower hard leaves from 6 fresh artichokes, cut the points from the remaining leaves, remove the chokes with a vegetable borer; rub over with lemon juice, and lay in cold water. Mix 1 tablespoonful fine-minced larding pork with 1 gill of fine-chopped mushrooms, 1 teaspoonful fine-chopped shallots, the same of fine-chopped parsley, 1 tablespoonful bread crumbs, a little nutmeg, ½ even teaspoonful salt, ¼ even teaspoonful pepper; mix all together. Drain the artichokes and fill them with the preparation; tie up with a string. Cover the bottom of a round pan, thickly buttered, with 3 thin slices of larding pork, 2 slices of carrot, and 1 sliced onion; place the artichokes on top of this; add 1 bay leaf, a small bouquet, 1 gill of white broth, and ½ gill Madeira wine. Lay a small, thin slice of pork over each artichoke, cover with buttered paper, set the pan in a hot oven and bake till done, basting frequently, which will take from 40 to 50 minutes. When ready to serve remove the artichokes, take off the strings, and dress them on a hot dish; remove all the fat from gravy, add ½ tablespoonful beef extract and a little broth; let boil 2 minutes;

then strain, and either pour it over the artichokes or serve in a separate dish.

Artichokes Sauté.—Procure ½ dozen fresh artichokes, remove the lower leaves, cut the points from the remaining leaves, pare the bottom neatly. Cut the artichokes into quarters, remove the choke from the center, and lay the quarters in boiling water, with 1 tablespoonful white vinegar and 1 tablespoonful salt; boil a few minutes, drain and cool in cold water. Forty minutes before serving drain the artichokes, melt 3 ounces butter in a saucepan, put in the artichokes, season with 1 teaspoonful salt and ¼ teaspoonful pepper; cover and cook 10 minutes; then add 1 gill of white broth and 1½ gill of Rhine wine, cover and cook till done. Dress the artichokes on a hot dish, remove the fat from gravy, add 1 tablespoonful lemon juice to the gravy, ½ teaspoonful beef extract; cook a few minutes, then strain; add a small piece of fresh butter, and pour it over the artichokes.

Artichoke Bottoms, Stuffed.—Remove the leaves from 6 fresh artichokes, place the artichokes in a saucepan of boiling water, add 1 tablespoonful vinegar and ½ tablespoonful salt, cook until all the leaves can be drawn out easily; then remove and cool in cold water. Drain and remove the chokes, and fill them with the following forcemeat: Melt 1 ounce butter in a saucepan, add ½ tablespoonful fine-chopped white onion or shallot, cook 3 minutes; add ½ gill fine-chopped mushrooms, ½ gill fine-chopped veal or chicken meat, ½ teaspoonful chopped parsley, and season with salt and pepper, stir and cook 5 minutes; then remove, add ½ tablespoonful bread crumbs; fill the artichokes, sprinkle over some bread crumbs, set in a buttered pan, pour over a little melted butter, add ½ gill white broth; put the pan in a medium-hot oven, and bake 15 minutes, basting frequently. Serve the artichokes on a hot dish. Melt ½ tablespoonful butter, add ½ teaspoonful flour, stir and cook a few minutes; add the gravy from the artichokes and a little beef extract and bouillon; cook a few min-

utes; then strain, and serve with the artichokes. Or pour the gravy on the dish and dress the artichokes over it.

TRUFFLES.

How and where they grow.

Truffles are an underground fungi used as food, those of commerce belonging to the genus *tuber*, while others which bear the name are of related but different genera, their name being derived from the Latin *terra tuber*. They are somewhat oblong or globose, varying from two ounces to several pounds in weight, according to species and locality; there are white kinds, but the surface is generally black or brownish and roughened with warty protuberances. When cut open, they present a variously marbled appearance. Truffles are generally found in calcareous soils and always in woods of oak or beech; they are found in many parts of England and in some parts of Germany, but more abundantly on the Continent and in Africa. The more highly prized French truffles are the *melanosporum* and the Piedmontese, which bring the highest price. The existence of truffles in the United States is very doubtful. Truffles have an odor and flavor peculiarly their own, and though sometimes cooked as a separate dish, they are most generally used for communicating their flavor to meats and sauces. The truffles used in this country are imported in sealed tin cans. The fresh truffles are carefully selected (those with a musty odor being rejected), washed in cold water with a brush until perfectly clean, then pared very thin or boiled without peeling.

How to Prepare.—Place the cleaned truffles in a saucepan with enough rich stock to nearly cover them, add a glass of claret or Madeira wine, some cloves, a few whole peppers, a small piece of ham, 1 carrot, 1 or 2 onions, a bouquet, and the necessary salt; boil from ½ hour to 40 minutes. They may also be boiled in claret with a little glaze.

Truffles au Naturel.—Wrap the well-cleaned truffles in buttered paper and bake in a hot oven about 50 minutes. In serving, remove the paper and arrange them on a hot napkin.

Truffles à l'Italienne.—Place in a small saucepan 1 tablespoonful butter, 1 fine-minced shallot, 1 teaspoonful flour, fry for a minute; then add ½ gill of brown stock, a little Cayenne pepper, and ½ teaspoonful salt; cut into small slices 8 truffles, add them to the contents in the saucepan, stir over the fire about 10 minutes; add a teaspoonful fine-minced parsley, leave it 1 minute longer over the fire, add the juice of ½ lemon, and serve. Or place the truffle slices over the fire with 1 tablespoonful butter, 1 minced shallot, some parsley, salt and pepper to taste; stir for 10 minutes over the fire. Pour off some of the butter, add a piece of fresh butter, a few tablespoonfuls Spanish sauce, the juice of ½ lemon, and a little Cayenne pepper; let the whole come to a boil, then serve.

MUSHROOMS.

How and where they grow.

Mushrooms grow wild in Europe and America, and a majority of the edible species are common to both continents. The edible fungus called mushroom is in all cases to be distinguished by its white, firm, solid stem, its fleshy cap, and its pink gills; when the cap begins to expand, the gills are pale, but they soon become pink, and on this account it is in some parts of this country known as the pink-gill. When older the gills become chocolate-colored, then tawny black, in which state they are regarded as unfit for food. It has a pleasant and characteristic odor, by which those familiar with it can distinguish the plant. This species is found in pastures, in some years in great abundance. Its proper season is September and October, when our markets are abundantly supplied from the wild growth; at other times cultivated mushrooms are to be had, but at very high prices. Mushrooms resemble flesh in flavor more nearly than do any other vegetable. They are used to form a dish by

themselves, either stewed, broiled, or baked, and are largely employed to flavor other dishes, entering into a great variety of stews, fricassees, and sauces; many are consumed in the preparation of catsup, which is the juice of the mushroom extracted by sprinkling them with salt and flavoring with spices. The general testimony is that mushrooms are highly nutritious, but difficult of digestion, and unsuited to persons with delicate stomachs.

Mushrooms, Baked.—Cut off a portion of the stalks of 12 medium-sized mushrooms, peel the tops, and wipe the mushrooms carefully with a piece of flannel and a little fine salt; wipe dry. Put them into a baking dish with a small piece of butter placed on each mushroom, sprinkle over a little white pepper, and bake 20 minutes. Serve on a hot dish, piled up high in the center, with the sauce poured around.

Mushrooms, pickled.—Choose for pickling only the small button mushrooms, rub off the skin with a piece of cloth and salt, cut the stalks off, put them in a saucepan over the fire; add to each quart of mushrooms $^1/_4$ teaspoonful ground mace, $^1/_2$ even teaspoonful ground white pepper, 1 even teaspoonful salt; toss them well over a clear fire until the liquor flows, and keep them there until they are all dried up again. Then add enough vinegar to cover them, 1 onion, and 1 teaspoonful sugar, boil a few minutes; put the mushrooms in small glass jars. When cold screw them up tightly or paste paper over them; keep in dry places for further use. These are nice for sauces or ragoûts.

Mushrooms preserved in Butter.—Peel 1 quart of nice white small button mushrooms, put them into cold water with a little lemon juice; take out and dry with a clean napkin. Place in a saucepan over the fire with $^1/_2$ pound of butter and 1 gill of water, simmer 15 minutes; put them with their juice into glass jars screwed down tightly; set in a vessel of cold water over the fire to boil 1 hour. (If there should not be juice enough to cover the

mushrooms in the jars, more melted butter must be added.) When opened in winter the butter can be used for sauce.

Mushrooms, Broiled.—Select 1 dozen medium-sized fresh mushrooms, cut off a portion from the stalk, peel the top, and rub off with a little fine salt; drop as soon as cleaned into cold salted water with the juice of 1 lemon; 15 minutes before serving lift the mushrooms out of the water, wipe dry; season with 1 even teaspoonful salt and ½ even teaspoonful pepper; brush each one over with melted butter, lay on a hot broiler, and broil over a moderate clear fire 5 minutes on each side, turning them twice while cooking. Lay 6 small slices of buttered toast on a hot dish; dress 2 mushrooms over each piece of toast, spread 1 ounce maître d'hôtel butter over the mushrooms, and serve.

Mushroom Bouchées.—Melt 1 ounce butter in a saucepan; add ½ tablespoonful flour, stir, and cook 3 minutes; add ½ cupful mushroom liquor, ½ cupful white broth, ½ teaspoonful beef extract, 1 even teaspoonful salt, ¼ even teaspoonful white pepper, cook 2 minutes; then add 12 canned mushrooms, cook slowly 15 minutes; mix the yolk of 1 egg with ½ gill of cream, add it to the mushrooms; draw the saucepan to side of stove, not allowing it to boil, with the yolk; add last ½ tablespoonful lemon juice. Have ready 6 patty cases (bouchées), heat them in the oven, fill them with the mushrooms, and serve at once. (For Bouchées see Jelly Tarts, in my book Desserts and Salads, recipe 711.)

Mushrooms preserved in Water.—The fresh small button mushrooms are rubbed off with a piece of flannel and salt, washed in cold water, the ends of the stalks cut off, and the mushrooms dropped into cold water, to which some lemon juice has been added; when all are cleaned take them out, place over the fire in a preserve kettle with enough water to cover, boil 5 minutes. Fill in small glass jars, screw tightly, set the jars in a vessel of cold water over the fire, and boil ¾ hour; then remove, and keep them in a cool place.

Mushroom Sauté.—Cut off the ends of the stalk from 1½ pint fresh button mushrooms, put them into a dish of water with a little lemon juice. Then take them out of the water, and place with 4 ounces butter in a saucepan over the fire; add 1 even tablespoonful salt, 1 even teaspoonful white pepper, and the juice of 1 lemon; cover, and stew slowly 20 minutes; add 1 tablespoonful flour, a little nutmeg, and gradually sufficient cream or milk to make the sauce of a proper consistence, and serve.

Mushrooms in Spanish Sauce.—Cut nearly all the stalks away from 1 pint of small mushroom buttons, peel the tops, or rub them off with salt; place in saucepan with ½ pint Spanish sauce over the fire; simmer slowly 20 minutes; season with a little Cayenne pepper, nutmeg, and salt, and serve very hot.

Mushrooms, Stewed.—Drain off the liquor from 1 can of mushrooms, place the mushrooms with 2 ounces butter over the fire; season with ½ teaspoonful salt, ¼ teaspoonful pepper, and the juice of 1 lemon; cover, and stew slowly ½ hour; then add ½ tablespoonful flour, shake the saucepan for a few minutes, add the mushroom liquor, ½ cupful cream, boil 5 minutes; add ½ teaspoonful grated nutmeg, and serve over 6 slices of toast.

Mushroom Catsup.—Clean 1 peck of full-grown mushrooms, put them in a stone jar with ½ pound salt sprinkled between them. Let stand for 3 hours, then break up with the hand, and put in a cool place for 3 days, stirring occasionally, washing well, to extract as much juice as possible. Then measure the quantity of liquor without straining and add to each quart ⅛ ounce of Cayenne pepper, ½ ounce of allspice, ½ ounce ginger, ½ teaspoonful mace. Put all in a stone jar, cover closely, set it in a kettle of boiling water, place over the fire, and boil 3 hours. Pour the liquor into a clean saucepan, boil slowly 20 minutes more, then into a jar, and let stand till next day. Strain through a fine cloth, add to each pint of catsup 1 tablespoonful brandy, fill into small bottles, cork

and seal tightly, and set in a cool place for further use. This catsup is used for flavoring sauces.

ONIONS.

Onion Farci.—Peel 6 large white Spanish onions, scoop out the center with a vegetable cutter, place them in a saucepan, cover with boiling water, cook 5 minutes; remove and lay them for a few minutes in cold water. Prepare a veal or chicken forcemeat, drain the onions, and fill them with the forcemeat. Cover the bottom of a deep round pan with thin slices of larding pork, lay the onions side by side on top the pork, add 1 pint of chicken or veal broth, cover them with buttered paper, place the pan in the oven, and bake, basting frequently, till done. Serve the onions on a hot dish, remove the fat from the gravy, add ½ teaspoonful beef extract and a small piece of butter, cook a few minutes; then strain, pour the gravy over the onions, and serve.

Creamed Onions.—Peel 1 quart medium-sized white onions, place them in a saucepan, cover with boiling water, add 1 teaspoonful sugar, boil till nearly done; add 1 teaspoonful salt, boil a few minutes longer, then drain them in a colander. In the meantime melt 1 ounce butter, add ½ tablespoonful flour, stir and cook 2 minutes; add ½ pint of hot milk, cook 2 minutes; season with ¼ teaspoonful white pepper and a sprinkle of salt, put the onions in a hot dish, and pour the sauce over it.

Glazed Onions.—Peel 1 pint of small white onions, place them in a round pan, pour over 1 ounce melted butter, and dust with 1 tablespoonful powdered sugar; place the pan in a medium-hot oven and bake to a fine golden color, remove, and use them for garnishing.

Onions, Boiled.—Peel 1 pint of small white onions, place them in a saucepan over the fire, cover with boiling water, add ½ teaspoonful salt, boil 10 minutes; then drain them on a sieve, return

the onions to the saucepan, add 1 ounce butter, toss them 3 minutes over the fire, then use for garnishing.

Onion Sauté.—Peel 1 quart white onions the size of a walnut (have them of an equal size), place in a saucepan, cover with boiling water, add 1 teaspoonful sugar, boil until nearly done; then add 1 teaspoonful salt, draw the saucepan to side of stove, let stand 5 minutes; drain them in a colander, return the onions to the saucepan, add 1 ounce butter, toss them a few minutes over the fire, serve in a hot dish, pour 2 tablespoonfuls cream over them.

Onions, Fried.—Cut 4 medium-sized Spanish or Bermuda onions into slices, season them with 1 even teaspoonful salt, ½ even teaspoonful pepper equally distributed; mix 1 well-beaten egg with 3 tablespoonfuls milk, dip the onions in the egg and milk, roll them in flour, drop them into hot lard, and fry light brown; then remove, lay them for a few minutes on paper; when all are fried in this way, serve them on a hot dish with broiled or fried meat.

Baked Onions.—Peel 6 medium-sized large Spanish onions, place them in a saucepan over the fire, cover with boiling water, and cook 10 minutes; remove and cool them in cold water. Drain and dry the onions, season with 1 even tablespoonful salt and ½ even teaspoonful pepper, place in a deep round pan not much larger than will hold the onions; pour ½ pint of boiling milk in the pan, add 1 ounce butter, cover the onions with buttered paper, and bake in a medium-hot oven till done, basting frequently. Dress the onions on a hot dish and serve with roasted meat, turkey, ducks, or chickens.

PURÉES, Etc.

Purée of Dried Peas.—Soak 1 quart of well-washed dried peas in cold water, drain and place in a saucepan over the fire, cover with cold water, add 1 teaspoonful salt, and boil till tender; drain off all the water, rub the peas through a sieve, mix them with 1 ounce butter, and if necessary add more salt. Pea purée is used for pea soup; it is also served with sauerkraut.

Purée of Lentils, Stewed.—Place 1 quart well-washed lentils in a saucepan over the fire, cover with cold water, add 1 teaspoonful salt, and cook till tender; then drain in a sieve. Fry 4 ounces fine-cut larding pork light brown, add 1 gill fine-chopped onion, cook 5 minutes; add ½ tablespoonful flour, stir and cook 3 minutes; add ½ cupful vinegar and 1 cupful soup stock, cook 5 minutes; season with ¼ teaspoonful pepper, 1 teaspoonful sugar, and ½ teaspoonful salt, add the lentils, toss them for a few minutes, and serve.

Purée of Chestnuts.—Place 1 pound large chestnuts in a saucepan, cover with cold water, boil about 15 minutes; drain, peel, and remove the skin; return in a clean saucepan to the fire, cover with 1 quart chicken or veal broth, add ½ teaspoonful white pepper, 1 teaspoonful salt, 2 ounces butter, and 1 teaspoonful sugar; cook until the chestnuts are soft, about 40 minutes; then rub them through a sieve, and use. Another way is to add 1 quart of milk to the chestnuts in place of broth.

Chestnut à l'Espagnole.—Boil 1 pound of chestnuts in water as in foregoing recipe; skin, peel, and return them in saucepan to the fire, cover with 1 quart of soup stock; add ½ tablespoonful sugar, and cook till tender. Melt 1 tablespoonful butter, add ½ tablespoonful flour, stir and cook 2 minutes; add ½ bay leaf, 12 whole peppers, 1 even teaspoonful salt, ½ pint stock, ½ teaspoonful beef extract, cook 5 minutes (if too thick add a little more stock); strain the sauce into a clean saucepan, drain the chestnuts, put them in the sauce, and toss for 2 minutes over the fire; then ersve.

Chestnut Sauté in Butter.—Boil 1 pound of chestnuts 15 minutes in water; drain, peel, skin, and return them to the fire, cover with water; add 1 teaspoonful sugar, and boil till tender, then drain. Melt ½ ounce butter in a saucepan, add the chestnuts, cook 10 minutes; toss them well, and serve as a garnish.

Chestnut Purée à la Crême.—Boil 1 pound of large chestnuts in water 15 minutes; peel and skin them, wash in cold water; place with 1 quart milk over the fire, add ½ tablespoonful sugar, and boil till tender; then rub them through a sieve, and use for stuffing pigeons, partridges, and birds. This purée is also largely used for frozen puddings.

Spinach Border with Calf's Brain.—Place ½ peck of well-washed spinach in a kettle; cover with boiling water, add ½ tablespoonful salt, and boil five minutes; drain in colander, and press out all the water; then chop the spinach very fine. Place a saucepan with a large tablespoonful butter over the fire, add one heaping tablespoonful flour, stir and cook 2 minutes; add ½ pint of milk, ½ teaspoonful salt, ¼ teaspoonful white pepper, and the same of nutmeg; add the spinach, stir and cook 3 minutes, then remove from fire. When cold, add ½ pint of white grated bread crumbs, the yolks of 4 eggs, ½ pint of whipped cream, and last the beaten whites; mix all together. Lay a piece of buttered paper in the bottom of a well-buttered border form, fit it in neatly, fill in the mixture, smooth the top with a knife, and set the border in a pan of water (let the water reach ⅓ up the form); cover with buttered paper, and bake in a medium-hot oven till firm to the touch.

In the meantime prepare the calf's brain: Soak two sets of calf's brain several hours in cold water, changing the water 3 times; then place them in a saucepan, covered with fresh cold water, add 2 tablespoonfuls vinegar, 1 teaspoonful salt, 1 bay leaf, 6 whole peppers, and one small whole onion; cook slowly 10 minutes; remove and cool the brains in cold water. Melt 2 ounces of butter in a saucepan, cut the brains into slices, and cook light brown; then turn the spinach border on to a dish, remove the paper, put the brains in center, pour over a hot bechamel sauce, garnish the top of border with quarters of hard-boiled eggs, and serve. In place of brains sweetbread may be taken.

MACARONI AND NUDLES.

Macaroni au Gratin.—Break ½ pound Italian macaroni into pieces, place them in a saucepan, cover with boiling water, add ½ tablespoonful salt, and boil 30 to 35 minutes; then drain; grate 4 ounces Parmesan or Swiss cheese, return the macaroni to the saucepan, add half the cheese, 2 ounces butter, and ½ even teaspoonful white pepper; toss the saucepan for a few minutes over the fire; mix well together, then put the macaroni into a dish, sprinkle the remaining cheese, and pour ½ ounce melted butter over the top; place the dish in a hot oven, and bake till light brown, about 10 minutes; then serve in the same dish.

Croquettes of Macaroni.—Boil in a saucepan 4 ounces Italian macaroni in salted water 30 minutes, then drain on a sieve; return the macaroni to saucepan, add ½ tablespoonful butter, 4 tablespoonfuls grated cheese, and 2 ounces fine-cut ham or beef tongue; mix all together. Then spread the preparation in a shallow buttered pan, cover with buttered paper, put a light weight on top, and set aside to cool. Thirty minutes before serving, form the mixture into cork-shaped croquettes, dip into beaten egg, and roll in fresh grated bread crumbs; fry in hot fat to a delicate brown. Lay for a few minutes on paper, then dress on a hot dish; garnish with fried parsley, and serve with tomato sauce. Croquettes of spaghetti and nudles are prepared in the same way.

Petites Croustades of Spaghetti.—Break ½ pound spaghetti into pieces, place it in a saucepan, cover with boiling water, add ½ tablespoonful salt, and cook 30 minutes; then drain on a sieve. Melt ½ ounce butter in a saucepan, add ½ tablespoonful flour, stir

and cook 2 minutes; add ½ cupful milk and a little salt, cook 3 minutes; then add the spaghetti, 1 ounce butter, and 1½ ounce grated cheese; mix all well together. Put the preparation 2 inches thick in a buttered pan, cover with buttered paper, and lay a light weigh tover it. When cold, turn the spaghetti out, cut out round pieces with a 1½-inch-wide cutter, roll in freshly grated bread crumbs, dip into beaten egg, and cover with bread crumbs; make an incision on top of each croustade with a smaller cutter, to form a cover; then fry in deep hot fat to a fine golden color. When done remove with a skimmer to blotting paper, lift off the cover, take out the inside with a spoon, and fill with a crab, lobster, or oyster salpicon; put on the cover, and serve in a napkin on a hot dish.

Timbales of Macaroni.—Place 4 ounces macaroni unbroken in a saucepan, cover with boiling water, add 1 teaspoonful salt, and boil till tender; then drain in a sieve. Butter 6 small timbale forms and line them with macaroni thus: Take a long piece of macaroni, lay one end in the center of the form, curl the macaroni round it to form a coil like a rope; when the bottom is covered line the sides likewise. After lining all the forms in this way, fill them ¾ full of chicken forcemeat, press it on sides and bottom so as to leave a hollow space in the center. Fill 1 spoonful of salpicon into each one, and cover with the same forcemeat; 30 minutes before serving, set the timbales covered with buttered paper in a pan filled with boiling water up to half their height. Place the pan in a medium-hot oven, and bake 25 minutes; then remove. Have ready ½ pint of tomato sauce à l'allemande, and mix it with 3 tablespoonfuls whipped cream; pour the sauce on a hot dish; unmold the timbales, and dress them over the sauce, then serve.

Tomato and Spaghetti à l'Italienne.—Bake ½ pound Italian spaghetti into pieces, put it with two quarts boiling water over the fire, add ½ tablespoonful salt, and boil 25 to 30 minutes. Melt 1 ounce butter in a saucepan, add 1 fine-chopped onion, ½ fine-chopped green pepper without the seeds, cook 6 minutes; add

½ can of tomatoes, ½ cupful fine-chopped mushrooms, 1 teaspoonful salt, 1 teaspoonful sugar, ¼ teaspoonful pepper, cook 20 minutes. When the spaghetti is done, drain it in a colander, grate 4 ounces Parmesan cheese (or 4 ounces American cheese), put the spaghetti in alternate layers in a dish with the tomatoes and grated cheese. Place the dish a few minutes in the oven, and serve. (The cheese may be omitted if objected to.) Macaroni can be prepared in the same way.

Spaghetti or Macaroni, cooked Plain.—Place a saucepan with 2 quarts water over the fire, add ½ tablespoonful salt; as soon as it boils, break ½ pound of spaghetti or macaroni into 3-inch lengths, put into the boiling water, and cook from 25 to 35 minutes, till tender. When done, drain in a sieve or colander, put into a hot dish, add 2 ounces butter in small pieces, mix it with 2 forks until the butter is melted; add ½ cupful cream or milk or 1 tablespoonful unsweetened condensed milk; then serve with roasted meat.

Spaghetti à l'Allemande.—Boil ½ pound of Italian spaghetti in salted water as in the foregoing recipe. Place at the same time a saucepan with 2 ounces butter over the fire, add ½ cupful fine-chopped onions, cook 5 minutes without browning; add 1 can of tomatoes, 1 teaspoonful salt, ½ even teaspoonful pepper, 1 tablespoonful sugar, cook 15 minutes; press the tomatoes through a wire sieve, mix the yolks of 2 eggs with 1 tablespoonful cold water, add them to the tomatoes; stir a few minutes over the fire without boiling (if handy, add ½ cupful whipped cream). Drain the spaghetti in a sieve, put it in a hot dish, in alternate layers with the tomatoes, then serve. Another way is to cover the top of dish with grated cheese, then bake a few minutes in a hot oven.

NUDLES.

Nudles.—Place ½ pint of flour on a pastry board, make a hollow in center, put in 2 well-beaten eggs, ½ teaspoonful of butter, a sprinkle of salt, 2 tablespoonfuls of water, work this with sufficient flour into a stiff paste until it does not stick to the hands, then di-

vide it into 8 equal parts, roll out each part as thin as paper, and let lie for 15 minutes; then cut each part into long strips 1½ inch in width; lay 4 strips on top of one another, and cut as fine as possible; shake the nudles apart and spread on the board to dry; they are then ready for use, either for soup or other dishes mentioned in various recipes. If the nudles are not all used at once they may, when thoroughly dry, be put away in a box, where they will keep for several weeks. Another way is to take 4 yolks and no water in place of whole eggs, otherwise prepare in the same way.

Nudles, Boiled, dressed with Pork and Onions.—Prepare some nudles from 2 whole eggs as directed, cut ⅛ inch wide. Sprinkle the nudles in a saucepan of boiling water, add 1 tablespoonful salt, and cook 12 minutes; then drain, and put in a hot dish. Fry 4 ounces fine-cut larding pork to a straw-color, add ½ cupful fine-cut onions, and cook 5 minutes without browning; pour it over the nudles, and serve.

Nudles with Tomato Sauce à l'Allemande.—Prepare and boil the nudles of 2 whole eggs as directed. Place a saucepan with 2 ounces butter over the fire, add 2 fine-chopped onions, 1 bay leaf, and 12 whole peppers, cook 5 minutes without browning; add 1 can of tomatoes, 1 teaspoonful salt, ½ teaspoonful pepper, 1 tablespoonful sugar, cook 15 minutes; mix ½ tablespoonful cornstarch with a little cold water, add it to the tomatoes, cook a few minutes. Draw the saucepan to side of stove; mix the yolks of 2 eggs with a little cold water, add to the tomatoes, stir for a few minutes over the fire; add 1 tablespoonful unsweetened condensed milk (or 2 tablespoonfuls whipped cream), drain the nudles. When done put them in a hot dish in alternate layers with the tomatoes, and serve.

Nudles à l'Italienne.—Prepare and boil the nudles from the yolks of 4 eggs. Place a saucepan with 1 ounce butter over the fire, add 1 gill of fine-chopped onion, ½ fine-chopped green pepper, cook 5 minutes; add ½ cupful dried mushrooms previously soaked in cold water, ½ can of tomatoes, ½ teaspoonful salt, 1 teaspoonful

sugar, cook 10 minutes; drain the nudles in a sieve. Place a layer of nudles in a soufflé or pudding dish, pour over some of the tomatoes, and sprinkle over 2 tablespoonfuls grated cheese; repeat until all the nudles are placed in the dish, then cover the top with cheese, sprinkle over it 1 tablespoonful bread crumbs, and bake light brown in a hot oven about 10 minutes; then serve. This dish can also be prepared without the cheese.

Nudle Border.—Prepare nudles from the yolks of 4 eggs as directed in foregoing recipe; boil 6 minutes in salted water, then drain on a sieve. Return the nudles to the saucepan, add 2 ounces butter and ½ teaspoonful nutmeg, toss for a few minutes over the fire; then fill into a buttered border form, press in firmly and smooth evenly on the top. Set the mold in a pan of hot water, the water reaching half way up the form, cover, and let it stand 10 minutes on side of stove, then turn the border on to a hot dish, and dress the articles to be served with it either on top or inside the border.

Boiled Nudles with Bread Crumbs.—Prepare some nudles of 2 whole eggs, as directed in foregoing recipe. Place a saucepan with 3 quarts water over the fire; as soon as it boils add 1 tablespoonful salt, and gradually sprinkle in the nudles; stir at first lightly to prevent sticking to the saucepan, then cover, and boil 10 minutes. In the meantime grate some stale bread on a grater, put 1 cupful crumbs in a tin pan, pour over 1 ounce melted butter, mix the crumbs and butter well together; set the pan in a hot oven and bake till light brown, stirring often. Drain the nudles as soon as done in a sieve or colander, put in a hot dish, pour over 1 ounce melted butter, mix with 2 forks, spread the crumbs over the top, and serve.

Petites Croustades of Nudles.—Prepare a nudle paste of the yolks of 4 eggs, ¼ teaspoonful salt, ½ teaspoonful butter, and 1 tablespoonful cream. Divide the paste into 4 equal parts, roll each part out as thin as possible, then cut into 6-inch-wide strips,

let lie on the board to dry for a few minutes; then lay 4 strips over one another, cut these into fine strips, then dust with flour, shake up well, and leave to dry for 1 hour. Place a saucepan with 2 quarts of boiling water over the fire, add ½ tablespoonful salt; as soon as it boils sprinkle in the nudles, cook 6 minutes; pour in a sieve to drain. Return the nudles to the saucepan, add 1 ounce butter and 1½ ounce grated Parmesan or American cheese, ½ teaspoonful nutmeg; put the nudles, 2 inches deep, into a buttered pan. Cover with buttered paper, put over a light weight, and set aside to cool. When thoroughly cold turn the nudles on a board, cut out 1½-inch pieces with a round cutter, roll in fresh grated bread crumbs, dip into beaten egg, and roll again in bread crumbs; make with a small cutter an incision on top of each croustade, to form a cover, fry in deep fat to a fine golden color; carefully remove to blotting paper, lift off the cover, hollow out with a spoon, and fill with chicken salpicon or a chicken purée. Replace the cover, and serve on a napkin. Nudle croustades may be filled with any kind of salpicon.

Swedish Timbales.—Mix 1 cup of flour with 2 cups of milk, 2 eggs, ½ teaspoonful salt, ½ teaspoonful sugar, and 1 tablespoonful oil, beat for 15 minutes, let stand ½ hour; fry with a timbale iron in deep fat; drain and fill them with creamed oysters, lobster, chicken, sweetbreads, etc.

RICE, HOMINY, AND BREAD CROUSTADES.

Boiled Rice à l'Allemande.—Place a saucepan with ½ pound well-washed rice over the fire, cover with cold water, boil 5 minutes; then drain, and rinse with cold water. Put the rice in a double boiler, add 1½ pint milk, ½ teaspoonful salt, 1 teaspoonful sugar, and ½ tablespoonful butter; cover and cook till tender; if necessary add more milk. The rice when done should be thick and the kernels not broken. This rice is served as a vegetable to meat.

Rice Milanaise.—Put ½ pound well-washed rice in a saucepan of boiling water, cook 10 minutes, then drain, and rinse with cold water. Put the rice into a double boiler, cover with 1 pint of water, 1 even teaspoonful salt, and cook till tender and thick, with the kernels unbroken. At the same time melt 2 ounces of butter in a saucepan, add 2 fine-chopped onions and ½ fine-chopped green pepper without the seeds, cook 5 minutes without browning, then add ½ pint of stewed tomatoes, 6 fine-chopped mushrooms, 1 even teaspoonful salt, cover and cook slowly 10 minutes. When the rice is done, add it to the onion and tomatoes; mingle lightly together, and serve in a hot dish. Another way is to add to the above preparation, 5 minutes before serving, 2 ounces grated cheese.

Rice with Apples.—Parboil ½ pound of rice 10 minutes in water; then drain, and rinse with cold water; return to the saucepan, cover with 1 pint fresh water, add ½ teaspoonful salt, 1½ tablespoonful sugar, and 6 peeled and fine-cut apples; cook until done, then serve with roast pork.

Rice Timbales, Plain.—Wash and place ½ pound rice in a saucepan over the fire, cover with cold water, cook 5 minutes;

drain and rinse with cold water; return to the saucepan, cover with 1 pint milk, add ½ teaspoonful salt, 1 ounce butter, cook until done; then remove from fire, add the yolks of 2 eggs, mix well. Fill the rice into small buttered timbale forms, set the timbales in a pan half filled with hot water, place the pan in a medium-hot oven, and bake 10 minutes; then unmold and serve. Rice timbales are used as a garnish for fricassees, blanquet of veal, and other dishes. They may also be served as a dessert with fruit sauce or preserved cherries or strawberries.

Rice Timbales à la Financière.—Wash and blanch ½ pound rice, place in a saucepan, cover with 1 pint chicken broth, add ½ teaspoonful salt and ½ ounce butter, cover and cook till tender (if the rice should be too dry, add a little more broth). When done, mix the rice with the yolks of 3 eggs, fill 6 small buttered timbale forms three quarters full with the rice, press it against the bottoms and sides of forms, to leave a hollow space in center, and fill 1 spoonful salpicon à la financière into each timbale. Cover the forms with rice, place the timbales in a pan half full of water, and the pan in a medium-hot oven; cover with buttered paper, and bake 15 minutes. Then remove, unmold the timbales, and serve with sauce financière.

Rice Croquettes, No. 1.—Blanch ½ pound of rice in boiling water for 5 minutes, drain, and rinse with cold water; return the rice to saucepan, cover with 1 pint of white broth, season with 1 even teaspoonful salt, and cook till tender; then remove. Mix the rice with 1½ ounce butter, 3 ounces grated cheese, and 2 tablespoonfuls cream; spread the mixture on a flat dish 1¼ inch high, and set aside to cool; half an hour before serving, cut the rice into pieces 3 inches long and 1 inch wide, roll in fresh grated bread crumbs; then dip in beaten egg and roll again in bread crumbs; shape nicely and fry light brown in hot fat. Lay for a few minutes on paper, then serve with broiled or fried meat.

Rice Croquettes, No. 2.—Parboil ½ pound of rice 5 minutes in water, then drain and rinse with cold water; return the rice to

saucepan, add 1 pint milk, 1 ounce butter, 1 even teaspoonful salt, and boil till tender; then mix with the yolks of 2 eggs. Spread the rice 1¼ inch thick in a shallow tin pan and set aside; when cold cut the rice into strips 3 inches long and 1 inch wide, dip in beaten eggs, and roll in fresh grated bread crumbs. Fry in hot fat to a fine golden color, lay for a few minutes on paper; then serve on a hot dish. They are nice for breakfast with broiled chops or steaks.

Small Rice Croustades à la Toulouse.—Parboil ½ pound rice 5 minutes in water, then drain, and rinse it with cold water; return to saucepan, cover with 1 pint of chicken broth; add 1 even teaspoonful salt, 1 ounce butter, and cook till tender (if the rice should be too dry, add a little more bouillon). When done mix with 3 tablespoonfuls grated Parmesan or American cheese, add lastly the yolks of 2 eggs; spread the rice 1¼ inch thick in a buttered pan, and set aside to cool. Then cut with a cutter of 1½ inch diameter round pieces, cover with grated bread crumbs, brush over with beaten egg, and again cover with grated bread crumbs. Make an incision with a small cutter on top of each croustade to form the cover; fry in deep hot fat to a fine golden color; carefully remove. Set the croustade for a few minutes on paper, removing the cover, hollow out with a teaspoon, and fill with a salpicon à la Toulouse; lay a small white cooked mushroom on top of each, and serve on a napkin.

Petites Croustades of Rice à la Parmesan.—Prepare 6 rice croustades as in foregoing recipe. Beat 3 eggs until very light, add a small pinch of salt and 3 tablespoonfuls cream or milk; beat again for a few seconds. Place a small frying pan with ½ tablespoonful butter over the fire; as soon as hot, pour in the beaten eggs, stir and cook till the eggs begin to thicken, then sprinkle over 3 tablespoonfuls grated cheese. Mix the cheese lightly with the eggs, then remove from fire. Fill the croustades with the egg preparation, cover them either with their own cover or with a slice

of truffle; serve on a napkin. Croustades of farina are prepared in the same way.

Small Timbales of Rice à la Portuguese.—Parboil for 5 minutes ½ pound rice; drain, and rinse in cold water; return to saucepan, cover with 1 pint of white broth, and cook 10 minutes. Fry 1 fine-chopped white onion in 1 ounce butter 5 minutes without browning, add it to the rice; season with 1 even teaspoonful salt and ½ even teaspoonful pepper, cook till done; then mix with 1½ ounce butter and 3 tablespoonfuls béchamel sauce. Butter some timbale forms, decorate the bottom and sides with truffles, fill three quarters full with rice, press the rice against sides and bottom to have a hollow space in center, fill with 1 tablespoonful salpicon à la royale, cover with rice. Set the timbales on a shallow tin pan, place for 5 minutes in the oven; then unmold, and serve with crême, l'allemande or béchamel sauce.

Rice Border.—Parboil for 5 minutes ½ pound of rice in water; drain, and rinse with cold water; place in a double boiler, add 1 pint of milk, 1 even teaspoonful salt, 1 ounce butter, cook until tender; add 1 ounce butter in small pieces, ½ teaspoonful nutmeg, the yolks of 2 eggs. Fill the rice in a border form, set the form in a vessel of hot water, the water reaching half way up; place in a medium-hot oven, cover with buttered paper, and bake 10 minutes. Shortly before serving turn the rice out of form on to a hot dish, and lay the articles which are to be served with it on top and inside the border.

Risotto à la Milanaise.—Place a saucepan with 1 ounce butter over the fire; add ½ cupful fine-chopped onion, cook 6 minutes without browning; add ½ cupful fine-chopped mushrooms, and draw the saucepan to side of stove. Wash and place 1 cup of rice in a saucepan over the fire, cover with cold water, boil 10 minutes; strain in a sieve, and rinse with cold water; add the rice to the onion in saucepan, stir and cook 5 minutes; then add 3 cups of white broth, 1 teaspoonful salt, ¼ teaspoonful white pepper; place

the saucepan in a vessel of hot water, cover and boil till done with the kernels whole (if necessary, add a little more broth while boiling); add lastly a little Spanish saffron dissolved in 1 tablespoonful broth. Turn the rice on to a dish, sprinkle over 4 tablespoonfuls grated cheese and 1 ounce butter in small pieces; mix the whole together with 2 forks, and serve.

Foundations.—Foundations are used to give entrées a handsome appearance. They consist of 1 piece, and are made of rice, bread, forcemeat, paste, or wood. They should fit exactly on the dish on which they are to be served; they may be either smooth on top or hollowed out in the center, and are also made of 2 or 3 pieces of different sizes, the top smaller than the lower; they should be firmly made and rolled, so that, if necessary, the foundation will be able to carry a small vase or cupola. The foundation should be 1 to $1^1/_2$ inch in thickness.

Rice Foundation.—Place $1^1/_2$ pound well-washed rice in a double boiler or steamer, add 3 pints cold water, $1^1/_2$ ounce butter, and 1 teaspoonful salt, cook until soft; remove from the fire, put into a wooden bowl, and mash fine; then take the rice on to a marble slab or molding board and work with wet hands until perfectly smooth. Put the rice $1^1/_2$ inch deep into a buttered fluted or plain mold, smooth the top with a knife, cover with buttered paper, and set it for 8 hours in a cool place or on ice. Shortly before serving set the mold for a few minutes in hot water, then turn it on to the dish the entrée is to be served on, remove some rice $^1/_2$ inch deep from the center and 1 inch from the edge. Arrange a ragoût in the center and place a border of fillets of chicken, game, or cutlets in a circle around it, or vegetables may be put in the center.

Bread Foundation.—The bread should be baked in a round pan $^1/_2$ inch larger as used for the foundations; it should be 2 days old. Cut the bread to $^1/_2$ inch in thickness, pare off the crust, make an incision on top with a small pointed knife $1^1/_2$ inch from the edge,

put it into a pan of hot fat, and fry light brown; remove to blotting paper, and where the incision was made hollow it out ¾ inch in depth. Or spread soft butter all over the foundation, set it on a baking pan, and bake to a fine golden color in a hot oven; then fasten it on to the dish the entrée is to be served on with white of egg and flour.

Petites Croustades of Bread.—Procure 1 large long-shaped loaf of bread 2 days old, cut from the middle 3 even slices 1½ inch in thickness; then cut with a 2½-inch cutter 2 rounds out of each slice of bread. Make on top of each slice with a pointed knife a round incision ¼ inch from the edge to form the cover; brush the croustades over with melted butter, set in a shallow pan, and bake to a handsome golden color in a hot oven. Remove from the oven, scoop out the insides with a small spoon, and fill the croustades with any kind of salpicon or kidney sauté.

Canapés of Bread.—Cut from the middle of a long loaf of stale bread 3 1½-inch-thick slices, cut each lengthwise into 2 pieces 4 inches long and 2 inches wide, pare neatly and round the corners; then make with a small pointed knife a circular incision on top of each 1¼ inch from the edge. Spread the canapés over with a little soft butter, set on a baking sheet, and bake in a hot oven to a fine golden color. Take them from the oven, remove the bread where the incision was made, hollow the crust out with a spoon, and use for serving small-boned reed birds, lark, and game fillets.

Bread Croûtons.—Cut several slices from a stale loaf of baker's bread ½ inch in thickness, cut them with a cutter either into heart, round, or oval shapes, brush over with melted butter, lay on a tin pan, and bake to a fine golden color in a hot oven; remove and use them for garnishing.

Crust à la Duchesse.—Cut the rind in large sheets from a Vienna loaf of bread, then cut the crust with a small cutter into small round pieces, lay the pieces on a baking tin, and bake a few minutes in the oven; then serve with soup.

Border of Croûtons.—Cut some slices from a 2-days'-old loaf of bread, the slices with a cutter into round pieces, then each round piece into half, and spread thinly with butter on both sides. Lay them in a tin pan and bake in a hot oven to a fine golden color on both sides. Remove, and when cold fasten them with a paste made of white of egg and flour in a circle around the dish, one overlapping the other. Place the dish for a few minutes in the oven, then remove and serve. The bread may be cut in different ways to suit the fancy, like half moons, round or oval shapes, pointed or square.

Hominy, Boiled.—Place 1 quart of boiling water in a saucepan over the fire, add 1 teaspoonful salt; mix 1 cupful hominy with 1 cupful cold water, stir it into the boiling water, cook slowly 30 minutes, stirring often. Serve for breakfast.

Hominy, Fried.—Boil 1 cupful hominy as in foregoing recipe; rinse out a dish with cold water, pour in the hominy, and set aside. When perfectly cold cut into slices, dip in beaten egg, and cover with bread crumbs, then fry in hot fat light brown on both sides. Serve for breakfast or use for garnishing wild ducks. It may also be cut into heart shapes, half moons, or round shapes.

CHEESE DISHES.

Cheese Soufflé.—Place a saucepan with ½ pint of boiling milk and 2 ounces butter over the fire, add 4 ounces sifted flour, stir until it forms a paste and loosens itself from bottom of saucepan. Turn the paste into a bowl, and when nearly cold mix it gradually with the yolks of 5 eggs, 4 ounces grated Parmesan cheese, ½ cupful whipped cream, 1 ounce butter, and the beaten whites. Fill the preparation into a buttered soufflé dish, set the dish in a pan of hot water, water reaching half way up the form; bake about 25 minutes, till done.

Cheese Koch à la Viennoise.—Put the yolks of 6 eggs in a small saucepan, add gradually 4 ounces partly melted butter, while stirring constantly; place the saucepan over a slow fire and stir till beginning to thicken, then instantly remove, add slowly, stirring continually, 3 ounces Parmesan and 3 ounces grated Swiss cheese; then add 1 gill of whipped cream. Beat 4 whites to a stiff froth, add slowly the cheese preparation to the whites, fill the mixture into a buttered soufflé dish, set it in a pan of hot water, place in a medium-hot oven, and bake till done.

Petites Caisses au Fromage.—Melt in a small saucepan 2 ounces butter, remove from fire, and when nearly cold add the yolks of 6 eggs; return the saucepan to fire, stirring until beginning to thicken; instantly remove, add 2 ounces grated Swiss and 2 ounces grated Parmesan cheese, ¼ even teapoonful white pepper, and the same of salt. Beat the whites to a stiff froth, add them to the cheese preparation. Butter 6 small paper boxes, set them on a tin pan, place in a medium-hot oven for 10 minutes; remove, and when

cold fill them with the above preparation, return the cases to the oven, and bake from 10 to 15 minutes, till done. Serve as soon as done.

Welsh Rarebit.—Toast 4 thin slices of bread to a fine golden color, lay the toast on 4 hot plates and keep warm. Place a saucepan with ½ pound fine-cut American cheese, 4 tablespoonfuls ale, and ½ ounce of butter, over the fire, stir until it forms into a creamy mixture, then pour it over the hot toast, and serve immediately. In place of ale, cream or water may be taken; if liked, a little English mustard may be added, and a sprinkle of Cayenne pepper.

Golden Buck.—Prepare a Welsh rarebit the same as in foregoing recipe, and lay on to each 1 poached egg. Another way is to lay 1 slice of broiled bacon over the rarebit and a poached egg on top the bacon.

Cheese au Gratin.—Toast 3 slices of bread to a fine golden color, place a slice of cheese over each one, lay them into a tin plate, and bake in a quick oven till the cheese is melted. Remove, lay the toast on 3 hot plates, and serve at once.

Fondue on Toast.—Crack 4 eggs in a bowl, beat until very light; add 4 tablespoonfuls milk or cream, beat 2 minutes longer; season with ¼ teaspoonful salt and a pinch of Cayenne pepper. Place a small frying pan with ½ tablespoonful butter over the fire; as soon as melted pour in the eggs, draw them with a spoon from the side of pan toward the center; when the eggs begin to thicken add 4 tablespoonfuls grated American cheese, mix and stir for a few minutes, then divide it over 4 small slices of hot buttered toast, and serve.

Fondue au Parmesan.—Brush the inside of 6 small paper boxes with butter, set aside to dry till the following mixture is made: Place a saucepan, with ½ cup cream, 1½ ounce cornstarch, ½ ounce butter, a little salt and nutmeg, over the fire, stir this until it boils; remove; when cold, add the yolks of 3 eggs, the beaten whites of 2;

then add 1½ ounce grated Parmesan cheese, and fill the boxes three quarters full with the mixture. Set them on a tin pan, not too close together, and bake in a medium-hot oven 15 to 20 minutes. Serve at once.

Cheese Straws.—Four ounces flour, 2 ounces butter, the yolks of 2 eggs, 4 ounces grated cheese, a little Cayenne pepper, 2 tablespoonfuls sweet cream or milk. Put the flour in a bowl, make a hollow in the center, put in the butter, add the yolks, and work the ingredients gradually together; then add the cream and pepper; when this is well mixed, add the cheese, form into a round ball, and set for 1 hour on ice. Then put the paste on a floured board, roll it out ⅛ inch in thickness, brush over with beaten egg cut in small strips. Rinse out some tin pans with cold water, put in the straws, and bake in a quick oven to a delicate brown. A little fine salt sprinkled over them when taken from the oven is considered by many an improvement.

Ramequins.—One half cup milk, 2 ounces butter, 2 ounces flour, 2 eggs, 1 ounce grated Parmesan cheese, 1 ounce Swiss cheese cut into small dice-shaped pieces, ½ teaspoonful sugar, a little salt and white pepper, 1 tablespoonful whipped cream. Place the milk, salt, sugar, and pepper and half the butter over the fire; as soon as it boils add the flour, stir until formed into a smooth paste. When half cooled off add the remaining butter, the eggs, then the grated cheese, and the pieces of Swiss cheese; add lastly the cream, place with a tablespoon small portions on a buttered baking pan, brush over with beaten egg, and bake in oven.

Salted Almonds.—Place ½ pound of blanched almonds in a shallow tin pan, pour over 1 ounce melted butter, set the pan in a medium-hot oven, stir frequently, and roast till light brown. Remove, put the almonds into a bowl, sprinkle over 1 tablespoonful salt, mix well, let stand till cold, then serve; or put them in a glass jar to keep till wanted. One half tablespoonful olive oil may be taken in place of butter. Salted peanuts and walnuts are prepared the same way.

EGG DISHES.

Poached Eggs.—Place a deep frying pan or a low, wide saucepan with 2 quarts water over the fire, add ½ teaspoonful salt and ½ tablespoonful vinegar; as soon as it boils crack an egg, hold it close over the boiling water, and let it drop; treat the remainder the same way; then draw the pan to side of stove, where the water will stop boiling. As soon as the white is firm remove the eggs carefully with a skimmer, cut them into a round shape with a cake cutter, and slip the egg on to a piece of buttered toast. If the poached eggs are to be used for garnishing spinach, Welsh rarebit, or other dishes, the eggs may be cooked, then put into cold water, and reheated when wanted. Care must be taken not to poach more at a time than will go in a saucepan without crowding.

Eggs boiled for Garnishing.—Place 6 fresh eggs in a wire basket, put into a saucepan of boiling water, boil exactly 5 minutes; lay the eggs at once in cold water, remove the shell without impairing the eggs, lay in fresh cold water, and reheat them when wanted. These eggs are used for garnishing, or may be served with lettuce and mayonnaise.

Eggs, Boiled.—Only fresh eggs should be taken for boiling; if they are not clean wash them in cold water. Place a saucepan with boiling water over the fire, put the eggs carefully into the boiling water with a spoon or ladle; if wanted soft, boil 3 minutes; if medium, 5 minutes; and if hard, from 7 to 10 minutes. Remove the eggs, lay in cold water for a minute, then take out, and serve.

Eggs, Fried.—Use either olive oil, lard, or butter for frying eggs. Place a small deep frying pan with 1 tablespoonful butter over the fire; as soon as hot break into it 1 egg, incline it slightly so that the butter is all around the egg, pour the hot butter with a spoon over the egg for 1 minute, then turn over and fry $\frac{1}{2}$ minute on the other side. Lift it up with a cake turner, dress on a hot dish; proceed and fry the remaining eggs the same way, until the desired quantity is cooked; if necessary add more butter, lard, or oil as the frying continues; season with a little salt and white pepper.

Eggs fried à l'Allemande.—Place a small frying pan with 1 tablespoonful pure leaf lard or butter over the fire; as soon as hot break in 1 egg, keep pouring the hot butter over the egg with a spoon until the yolk is covered with a thin white sheet; then carefully lift it up with a cake turner, dress on a hot dish, and sprinkle over a little seasoning salt; proceed until the desired quantity of eggs are cooked; each egg must be cooked separately, and more lard or butter added if necessary.

Eggs au Miroir, Fried.—Break 2 eggs in a cup. Place a small frying pan with $\frac{1}{2}$ tablespoonful butter over the fire; as soon as melted put in the eggs, fry over slow fire till the white is firm and the yolk soft; remove them with a cake turner, being careful not to break the yolk, and serve.

Eggs au Miroir, Baked.—Butter a pie plate large enough to hold 6 eggs without crowding; break in 6 eggs, one beside the other; season with $\frac{1}{2}$ even teaspoonful salt. Place the plate for a few minutes in a hot oven to bake (about 2 to 3 minutes) till the white is firm. Remove the plate, cut with a round cutter the eggs into a perfect round shape, lift with a cake turner on to a warm dish, and serve, or use for garnishing. Or put them on a croûton of same size as the egg, which should be cut with the same cutter, or on a piece of toast of same size. Another way is to cut boiled ham into round slices of same size as the egg and croûton; fry it for 1 minute in butter on each side, then put it on the croûton, on

top the ham place the egg. Another way is to butter a silver dish large enough to hold the desired quantity of eggs to be cooked, break in the eggs one beside the other, taking care to keep the yolks apart; season with a little salt, place them for 2 minutes in a hot oven, set the dish into another, and serve.

Eggs scrambled à la Française.—Melt 1 ounce of butter in a small low saucepan, break into it 4 eggs, season with 1/4 even teaspoonful salt, a pinch of white pepper and nutmeg, stir for 3 minutes, put the eggs on a hot dish, sprinkle over 1 tablespoonful lemon juice, and serve.

Eggs scrambled à l'Allemande.—Break 6 eggs into a bowl, add 1/2 even teaspoonful salt, and beat the eggs with an egg beater until very light; then add to every egg 1 tablespoonful cold water, beat a few minutes longer. Place a medium-sized frying pan with 1 tablespoonful butter over the fire; as soon as melted put in the eggs; when they begin to set draw the eggs with a spoon from the sides of pan toward the center, continue until the eggs are firm, then take up by spoonfuls, lay on a warm plate, and serve.

Scrambled Eggs à l'Américaine.—Break 6 eggs into a bowl, add 1/2 even teaspoonful salt and a little white pepper, beat until light. Place a small-sized frying pan with 1 ounce butter over the fire; as soon as melted pour in the eggs; when they begin to set draw them with a spoon from the edge of pan to the center until they become thick; then serve on a warm dish.

Scrambled Eggs and Bacon.—Cut 2 ounces bacon into pieces 1/2 finger long and 1/4 inch thick, place it in a frying pan over the fire, fry until light brown. Beat up 6 eggs until very light, add them to the pork, season with 1/2 even teaspoonful salt; as soon as they begin to set, draw the eggs with a spoon from the sides of pan to the middle; when firm, but still soft, put them on to a warm dish and serve.

Scrambled Eggs with Truffles.—Break 6 eggs into a bowl, beat with an egg beater until very light; season with 1/2 even tea-

spoonful salt, add 4 tablespoonfuls of cream, beat 2 minutes longer. Place a small saucepan with 2 ounces butter over the fire, as soon as melted pour in the eggs, stir until they thicken; then draw to side of stove, add 2 tablespoonfuls fine-cut truffles, and stir 1 minute; turn the eggs on to a warm dish, and garnish with small round bread croûtons. In place of truffles 1 cupful boiled asparagus tops may be added, or ½ pint cooked green peas.

Scrambled Eggs with Boiled Ham.—Chop 6 ounces boiled ham very fine, crack 6 eggs in a bowl, beat until light; add 4 tablespoonfuls milk or water, beat 2 minutes; then place a small saucepan with 1 tablespoonful butter over the fire; as soon as melted pour in the eggs, stir until they begin to thicken, then add the fine-chopped ham, stir 1 minute longer. Serve on a warm dish with toast or bread and butter.

Scrambled Eggs with Fines Herbes.—Place a saucepan with 2 ounces butter and 2 tablespoonfuls fine-chopped onions over the fire, cook 3 minutes; add 2 tablespoonfuls fine-chopped mushrooms, cook 2 minutes; season with ½ teaspoonful seasoning salt. Beat 6 eggs in a bowl until very light, add 4 tablespoonfuls cream, beat 2 minutes longer; add to the saucepan, stir until the eggs begin to thicken; then draw to side of stove, add 1 teaspoonful fine-chopped parsley, stir for 1 minute. Serve on a warm dish, garnish with small round-shaped bread croûtons.

Scrambled Eggs with Smoked Beef.—Place 6 ounces smoked beef in a saucepan, cover with cold water, set it over the fire; as soon as it begins to boil drain the beef and chop it fine. Break 6 eggs into a bowl, beat with an egg beater until very light; add 6 tablespoonfuls water, beat 2 minutes longer. Place a small saucepan with 1 tablespoonful butter over the fire; as soon as melted pour in the eggs, stir until they begin to thicken, then add the beef, stir a few minutes longer; serve on a warm dish with toast or bread and butter.

Scrambled Eggs with Shrimps.—Place a saucepan with ½ tablespoonful butter over the fire, add ½ pint of fresh boiled shrimps, stir and cook a few minutes. Scramble 6 eggs the same as in foregoing recipe, add the shrimps, stir for 1 minute, and serve.

Scrambled Eggs with Tomatoes.—Peel and cut into quarters 2 ripe tomatoes; place a small frying pan with ½ tablespoonful butter over the fire; add the tomatoes, season with ½ even teaspoonful salt, ¼ teaspoonful pepper, and the same of sugar, cook 10 minutes without a cover. Break 6 eggs into a bowl, beat with an egg beater until very light, season with ¼ even teaspoonful salt. Place a saucepan with 1 tablespoonful butter over the fire; as soon as melted add the eggs, stir until they begin to thicken, then add the tomatoes; stir and cook 2 minutes, then serve on toast.

German Omelet.—Separate the whites and yolks of 3 eggs, beat the whites to a stiff broth. Mix the yolks with ¼ teaspoonful salt and 3 tablespoonfuls of cold water, pour the yolk mixture slowly into the whites while beating constantly. Place an omelet or a medium-sized frying pan over the fire with 1 tablespoonful butter; as soon as hot pour in the egg mixture; do not stir, but when the eggs begin to set, slip a broad-bladed knife under the omelet to keep it from burning at the bottom, and shake the pan to and fro. When light brown on the under side, place the pan for 2 or 3 minutes in a hot oven to bake it a little on top; then remove, slip the knife under one side of the omelet and double in half, slip it on to a hot dish, and serve. If liked, 1 tablespoonful fine-chopped parsley may be added to the omelet mixture before baking.

French Omelet.—Break 6 eggs into a pitcher, beat 4 minutes with an egg beater, season with ½ even teaspoonful salt. Place an omelet pan or a medium-sized frying pan with 1 tablespoonful butter over the fire; when very hot, pour in the eggs, draw with a fork from the edge of pan to the center; when the omelet begins to get firm, let it remain ½ minute without stirring, then fold it over each

side so that the 2 sides meet in the center. Turn the omelet on to a hot dish, the folded side underneath, and serve. A tablespoonful of fine-chopped parsley may be added to the egg mixture before they are baked, or fine-cut chives.

Spanish Omelet.—Place a saucepan with 1 ounce butter over the fire; add 1 fine-chopped onion, 1 fine-chopped green pepper without the seeds, cook 5 minutes without browning; add 2 tablespoonfuls fine-chopped mushrooms, ½ cupful canned tomatoes, 1 even teaspoonful salt, ½ even teaspoonful pepper, 1 tablespoonful fine-chopped ham, ½ teaspoonful sugar, and ½ teaspoonful beef extract, cook 10 minutes. Prepare a German omelet of 3 eggs, pour 3 tablespoonfuls of the preparation over the omelet, fold it together, slip the omelet on to a hot dish, pour the remaining sauce over it, and serve. The dish may be garnished with small fried codfish balls the size of a hickory nut or French fried potatoes.

Oyster Omelet.—Prepare either a German or French omelet. Place 12 medium-sized oysters, without their liquor, in a small saucepan, add ½ ounce butter, ½ even teaspoonful seasoning salt, ½ tablespoonful lemon juice; set the saucepan over the fire, cook a few minutes till the oysters stiffen and begin to ruffle; then draw the saucepan to side of stove. Mix the yolk of 2 eggs with ½ gill of cream, add it to the oysters, stir for 1 minute over the fire, then remove. As soon as the omelet is done lay the oysters over the omelet, fold it double, and slide on to a hot dish; pour the sauce around it, and serve. Fried oysters can be used in the same manner.

Cheese Omelet.—Separate the yolk from the whites of 4 eggs; mix the yolks with 4 tablespoonfuls cream, ½ even teaspoonful salt, and a pinch of Cayenne pepper; beat the whites to a stiff froth, add gradually the yolks while beating constantly. Grate 2 ounces cheese, either Swiss or American. Place a frying pan over the fire with 1 tablespoonful butter; when hot, pour in the eggs; when they begin to set, draw the eggs from side of pan toward the center; when thickening, sprinkle over the grated cheese, let re-

main without stirring till light brown on the under side; then place the pan for 2 minutes in a hot oven; remove, fold the omelet over and slip on to a hot dish, and serve.

Lobster Omelet.—Place ½ pint cooked lobster meat in a saucepan, cover barely with cream. Mix 1 teaspoonful butter with ½ teaspoonful cornstarch, add it to the lobster, season with ½ even teaspoonful seasoning salt, and cook 3 minutes. Prepare either a French or German omelet, put part of the lobster over the omelet, fold, and slip it on to a hot dish, pour the remaining lobster around it, and serve.

Crab, Crawfish, and Shrimp Omelets.—Prepared the same as lobster omelet.

Tomato Omelet, No. 1.—Place a frying pan with 1 ounce of butter over the fire; peel and cut into quarters 3 ripe tomatoes, add them to the butter, season with ¼ teaspoonful salt, the same of pepper and sugar, cook 10 minutes. Prepare a French or German omelet, lay half of the tomatoes over the omelet, fold it over and slip on to a hot dish, pour the remaining tomatoes around it, and serve with toast or bread and butter.

Tomato Omelet, No. 2.—Drain ½ pint of canned tomatoes in a sieve, melt 2 ounces butter in a saucepan, add the tomatoes, season with ½ teaspoonful salt, ¼ teaspoonful pepper, and the same of sugar; cook 10 minutes. Beat 6 eggs until very light, add to the tomatoes, stir a few minutes, then let rest for 1 minute. Fold the omelet over, slip it on to a hot plate, and serve.

Omelet à l'Italienne.—Place a frying pan with 2 ounces butter over the fire, add 2 tablespoonfuls fine-chopped onion, 1 small bruised clove of garlic, cook 3 minutes; add 6 dried mushrooms, previously soaked in water, 4 ripe peeled tomatoes cut into quarters; season with ½ teaspoonful salt, ¼ teaspoonful pepper, and the same of sugar; cook slowly 10 minutes. Separate the whites and yolks of 5 eggs, beat the whites to a stiff froth; add the yolks; beat 1 minute longer; add the eggs to the preparation in pan; when beginning to set, draw them gently with a fork from the side of pan

to the center. When nearly firm leave for a few minutes without stirring; fold the omelet over from both sides, and turn it on to a dish, with the folded side underneath, and serve.

Kidney Omelet.—Place a small saucepan with 1 tablespoonful fine-chopped onion, 1 ounce butter, ½ bay leaf, and 6 whole peppers, over the fire, cook 5 minutes without browning; add 1 teaspoonful flour, stir 1 minute; add 1 gill of boiling water, ½ teaspoonful liquid beef extract, 3 tablespoonfuls Madeira or sherry wine, ½ even teaspoonful salt, ¼ teaspoonful pepper, cook 5 minutes; then strain the sauce into a clean saucepan. Cut 3 lamb or sheep kidneys in halves, remove the white part in the center, cut the kidneys into small slices, add them to the sauce, cook 5 minutes. Prepare either a German or French omelet, pour over the kidneys, fold and slip the omelet on a hot dish, and serve.

Eggs à la de Castellane.—Boil 6 eggs 10 minutes, remove and lay them in cold water; when cold take off the shells and cut the eggs in halves, remove the yolks, and mash them fine; mix with ½ tablespoonful butter, ½ cupful whipped cream, ½ even teaspoonful pepper, 1 even teaspoonful salt, and ¼ teaspoonful nutmeg. Mix all together, fill into the eggs, lay them on the dish on which they are to be served, and prepare the following sauce: Place a small saucepan with 1 ounce butter and 1 tablespoonful fine-chopped onion over the fire, add ½ bay leaf, 6 coarsely pounded peppers, cook 5 minutes; add ½ tablespoonful flour, stir 2 minutes; add 1 cupful boiling water, 1 teaspoonful beef extract, 2 tablespoonfuls sherry wine, ½ teaspoonful salt, ¼ teaspoonful pepper, cook 5 minutes; then strain into a clean saucepan, add ½ cupful fine-chopped mushrooms, cook 5 minutes; add 1 teaspoonful fine-chopped parsley, 1 teaspoonful lemon juice, and a little nutmeg; pour the sauce over the eggs; set the dish for 5 minutes in a hot oven, and serve.

Stuffed Eggs.—Boil 1 dozen eggs 10 minutes, lay them in cold water. When cold remove the shell, cut the eggs in halves length-

wise, take out and mash the yolks fine. Mix with 1 cupful fine-minced roasted lamb, 1 grated onion, 2 fine-rolled soda crackers, the yolks of 2 raw eggs, 2 tablespoonfuls milk or cream, 1 ounce melted butter, and season with pepper and salt. When this is well blended, fill the 2 halves with this, smooth and press the two together, dip first in beaten egg, and then in fine bread crumbs; put in a wire basket and dip into boiling lard, fry light brown; drain off all the fat and serve in a napkin. They may be eaten either hot or cold; are also excellent to take to a picnic. In place of roasted lamb, chicken or turkey meat may be used; also ham or tongue.

Cream Eggs.—Boil some fresh eggs for 5 minutes, lay them in cold water; when cold remove the shell, and wrap each egg in 2 or 3 lettuce leaves. Serve to each person 1 egg on a small plate with 1 tablespoonful mayonnaise over it. A few capers may be added to the mayonnaise.

Snow Eggs.—Six eggs, 1 quart milk, 4 tablespoonfuls sugar, 1 teaspoonful lemon extract. Separate the yolks carefully from the whites and beat the latter to a stiff froth. Put the milk in saucepan over the fire, add the sugar and let come to a boil; drop in the snow a tablespoonful at a time. Cover the saucepan for 2 minutes, turn the snowballs around, let remain for 2 minutes longer, then take out with a skimmer and lay in a glass dish. Remove the milk from fire, let cool off a little; beat up the 6 yolks, add 4 tablespoonfuls cold milk and stir slowly into the hot milk. Place the saucepan with the milk and yolks again over the fire, stir constantly until just before the boiling point. Remove, add the lemon extract and pour it over the snowballs in glass dish, dust over a little sugar and cinnamon. Serve when cold. Vanilla may be taken in place of lemon.

Shrimp Nest.—Cut the whites of 8 hard-boiled eggs into shreds, break the yolks into pieces and mix them with 1 pint of shrimps. Put shrimps and yolks in center of a shallow round dish, arrange the shreds of white about them in shape of a

bird's nest, and pour over a mayonnaise. Lay on the outside a border of cresses or lettuce leaves. In place of shrimps fine-cut boiled lobster or fish may be taken. (For mayonnaise, see my book Desserts and Salads, 846.)

Nest of Oysters.—Cut the whites of 8 hard-boiled eggs into fine shreds, and break the yolks into very small pieces more like crumbs. Two hours before serving, scald 1 quart oysters in their own liquor, drain and put the oysters into a dish and cover with cracked ice. Twenty minutes before serving, remove the ice, drain off the water from oysters and squeeze a little lemon juice over each, let lay for 10 minutes, then pile them high in center of a round shallow dish. Arrange the shreds of white around them in the shape of a bird's nest, pour over a mayonnaise, and sprinkle over this the crumbled yolks; lay on the outside a border of lettuce leaves.

Eggs en Croûtons.—Cut 6 rings from thin slices of bread, fry in lard or butter light brown; lay in rings in a buttered dish, break and drop 1 egg into each ring. Pour $\frac{1}{2}$ cup cream or milk into the dish, sprinkle a little salt and pepper over. Cover the dish up and bake in oven till the white of egg is firm and the yolks soft. Transfer the eggs carefully to a hot dish, and serve.

Cup Eggs on Toast.—Butter $\frac{1}{2}$ dozen cups and dust them with fine bread crumbs, put into each one a raw egg and a little salt; set the cups in a pan of hot water on the stove till the whites are hard. In the meantime cut several slices of bread into rounds with a cake cutter, toast to a handsome golden color, spread with butter, and put on to each round one of the eggs in cup. Serve hot.

Eggs on Toast.—Cut the bread into slices $\frac{1}{4}$ inch in thickness, and toast them on both sides to a golden color, butter and lay the toast on a hot dish; put on to each piece of toast a poached egg or 1 tablespoonful scrambled eggs or egg miroir, or spread the toast with anchovy butter, and over this put scrambled eggs. Another way is to free some anchovies from skin and bones, lay 1

anchovy over each piece of toast, and cover with scrambled eggs; or cut fine some smoked herrings and put it over the toast; also fine slices of salmon may be used. Boiled ham or tongue minced fine may be used in the same way. Clams scalded in their own liquor, then chopped fine, mixed with a little butter, then spread over toast and with eggs over it are good; so are fine-cut shrimps mixed with scrambled eggs, then put over buttered toast. A nice way is to cut the bread into round shapes before toasting, spread thickly with fine-minced tongue. Heap the scrambled eggs upon these in half-moon shape, and garnish with parsley.

Bird's Nest.—Separate the whites and yolks of ½ dozen or more of hard-boiled eggs, cut the whites into fine shreds. Pile the yolk in the center of a round shallow dish, arrange the shreds of white about them in the shape of a bird's nest, pour over carefully a mayonnaise. Lay a border of lettuce leaves or water cresses around the nest, and serve.

Eggs Farces à l'Allemande.—Boil 6 eggs 10 minutes, remove and lay in cold water; when cold take off the shell, cut the eggs lengthwise in halves; take out the entire yolk, mash fine in a bowl, add 1 ounce melted butter, ½ cupful fine-minced boiled ham or tongue, 2 boneless anchovies, 1 teaspoonful fine-chopped shallot or white onion, ¼ clove of bruised garlic, ¼ teaspoonful pepper, mix all well together. Fill the preparation into the eggs, lay them on the dish on which they are to be served, brush over with beaten egg, and place for a few minutes in a hot oven; remove, pour ½ pint of tomato sauce à l'allemande over, and serve. Garnish with small round croûtons. The garlic may be omitted if not liked.

In all recipes where prepared flour is mentioned, plain flour may be taken, adding to each cup of flour ½ teaspoonful baking powder.

PANCAKES, MUFFINS, GEMS, Etc.

German Pancakes.—One heaping cup flour, ½ teaspoonful salt, 2 cupfuls milk or water, 3 eggs. Sift flour and salt into a bowl, add the milk and the 3 yolks, mix it into a smooth batter; beat the 3 whites to a stiff froth, add gradually the batter to the beaten whites while stirring constantly. Place a medium-sized frying pan over the fire, with ½ tablespoonful butter or lard; as soon as hot, pour in sufficient of the mixture to cover the bottom of pan, shake the pan to and fro and bake till light brown on the under side, turn over and bake the other; slip the pancake on to a hot plate, bake the remaining batter the same way, and serve at once. This will make 4 pancakes.

Eierkuchen.—Separate the yolks from 4 eggs, mix the yolks with 1½ cupful milk, ½ pint sifted flour, ½ teaspoonful salt, stir until smooth; beat the whites to a stiff froth, add slowly the yolk mixture while beating constantly. Place a medium-sized frying pan, with 1 tablespoonful lard and butter, over the fire, when hot pour sufficient batter to cover the bottom, bake light brown on the under side, then turn and bake the other side light brown. Slip the pancake on to a hot plate, and serve at once. Fry the remainder the same way. These pancakes may be spread with marmalade or jelly and rolled up, then served.

Potato Pancake.—Pare, wash, and grate 12 large raw potatoes, mix with 1 teaspoonful salt and the yolks of 3 eggs; beat the whites to a stiff froth, add the potatoes slowly to the whites. Place a large frying pan with 1 tablespoonful fat over the fire, as soon as hot put small portions from the mixture with a spoon into the hot fat, to

form cakes the size of a saucer, bake light brown on both sides, transfer them to a hot plate, and serve with apple sauce or any kind of stewed fruit. Another way is to add 2 tablespoonfuls grated bread crumbs to the grated potatoes before they are mixed with the beaten whites.

Wheat Cakes.—Put 1½ pint of flour into a sieve, add 2 teaspoonfuls of baking powder, ½ teaspoonful salt; sift the flour into a bowl, add 1 teaspoonful sugar and 1 ounce of butter, rub the butter fine in the flour. Mix the yolks of 3 eggs with 1 pint of milk, add to the flour, stir and mix to a smooth batter; then whip the whites to a stiff froth, add the batter gradually to the beaten whites while stirring constantly. Have a well-greased griddle over the fire; as soon as hot make a trial, pour a spoonful of the batter on the griddle, and if it should be too thick add a little more milk; then bake them and serve with maple sirup. (Sufficient for 6 persons.)

Dennett's Pancakes.—Sift 1 pint of flour, with 2 teaspoonfuls baking powder, into a bowl, add ½ teaspoonful salt, 1 tablespoonful butter, rub the butter fine in the flour, add ½ pint of water, 2 eggs, and 2 tablespoonfuls molasses; mix this into a smooth batter, and bake on a hot well-greased griddle. Serve with maple sirup.

Rice Cakes.—Mix ½ pint of cold boiled rice with the yolks of 2 eggs, ½ gill of milk, and 2 tablespoonfuls of prepared flour; beat the whites to a stiff froth, add slowly the rice mixture to the whites while stirring constantly. Place with a tablespoon small portions on a hot well-greased griddle, and bake light brown on both sides (if too thick, add more milk; if too thin, more flour); continue to bake until all are done. Serve on hot plates for breakfast.

Hominy Cakes.—Prepare the same as Rice Cakes.

German Buckwheat Pancake.—Place 1 pint of buckwheat flour in a bowl, add 3 gills of milk, ½ teaspoonful salt, and the yolks of 2 eggs. Mix this into a smooth batter, beat the whites to a stiff froth, add slowly the batter to the beaten whites while stirring constantly. Place a medium-sized frying pan with 1 tablespoonful

lard and butter over the fire; as soon as hot pour in sufficient batter to cover the pan, bake light brown on the under side, turn and bake the same on the other side. Slip the cake on to a hot plate, and finish the remaining batter the same way.

Buckwheat Cakes with Yeast.—Put 1½ pint of buckwheat flour into a bowl, add ½ teaspoonful salt, 1½ pint lukewarm water and ½ yeast cake, stir until perfectly smooth; then cover the bowl, set it in a warm place overnight to rise. Next morning add 2 tablespoonfuls of molasses, and, if too thick, add a little cold water; bake in small cakes on a hot well-greased griddle, and serve on hot plates as soon as done. Buckwheat cakes are also made of prepared flour, which is sold in 3- and 6-pound packages. A recipe will be found printed on each package.

Muffins with Yeast.—Roll some bread dough into round balls the size of an egg; lay buttered muffin rings in a buttered pan, put the balls in the rings, cover the rings with another pan, lay a weight on top the pan, set in a warm place to rise till light, then place the pan with weights and all in a medium-hot oven, bake 30 minutes or till done. Then remove, and serve in a napkin.

Graham Muffins.—Roll Graham bread dough into balls, and finish as in foregoing recipe.

Graham Gems.—Mix 1 pint of Graham flour with 1 cup of wheat flour, add 2 tablespoonfuls sugar, 2 teaspoonfuls of baking powder, ½ tablespoonful butter, and ½ teaspoonful salt, rub the butter and flour together, add 1½ cupful milk, 1 egg, mix all together, fill into buttered gem pans, bake in hot oven, and serve in a napkin.

Gems.—Sift 1 pint of flour with 1½ teaspoonful baking powder into a bowl, add ½ teaspoonful salt, ½ tablespoonful butter, rub the butter fine into the flour, add 1 teaspoonful sugar, ½ pint of milk, the yolks of 2 eggs, and the beaten whites. Fill this into buttered gem pans, and bake in a quick oven. Serve in a napkin.

Gems with Yeast.—Sift 1 quart of flour into a bowl, add 1 teaspoonful salt and 2 ounces of butter, rub the butter fine into the flour, add 2 tablespoonfuls of sugar. Break 1 yeast cake into a cup of warm milk, add 1 teaspoonful sugar, and let it stand till the yeast rises to the surface; then add it to the flour, add 1 cup of warm milk and 2 eggs, mix all well together; set in a warm place till light, which will take from 2 to 3 hours. Thirty minutes before serving fill the batter into well-buttered gem pans half full, bake them in a quick oven, and serve in a napkin.

Northumbrian Cakes.—One half pound flour, $\frac{1}{2}$ teaspoonful salt, 3 ounces butter, $\frac{1}{4}$ pound currants, $1\frac{1}{2}$ teaspoonful baking powder, 1 teaspoonful sugar. Sift flour, powder, and salt into a mixing bowl, add the butter, and chop it fine with a knife; add the currants and mix with sufficient milk to make a soft dough; roll out 1 inch in thickness, cut into 3-cornered pieces, and bake on a well-greased griddle, first on one side then on the other. When done slit them open, butter, and put again together. Serve at once, or they may be cut out into rounds with a biscuit cutter. The cakes are excellent for breakfast or tea.

Scotch Scones.—One quart prepared flour, $\frac{1}{2}$ cup of lard and butter mixed, 2 eggs, 1 teaspoonful sugar, nearly 2 cups milk. Sift flour and sugar into a bowl, add the lard and chop it fine with a knife in the flour, add the 2 beaten eggs and mix with the milk into a soft dough; turn it out on to a floured board, roll out $\frac{1}{2}$ inch in thickness, cut into 3-inch-square pieces, fold each in half to form 3-cornered pieces. Bake on a hot griddle with a little lard on both sides light brown. Serve in napkin as soon as done. If plain flour is used, mix it with 3 teaspoonfuls baking powder.

Biscuits.—Sift 1 pint flour with $1\frac{1}{2}$ teaspoonful baking powder into a bowl, add $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful sugar, and 1 heaping teaspoonful lard. Rub the lard and flour fine together, add $\frac{1}{2}$ pint of milk, and mix it with a knife into a paste; turn the paste on to a floured board, and roll it out with a rolling pin to 1

inch in thickness; cut it into rounds with a small tin cutter. Mix 1 well-beaten egg with 2 tablespoonfuls milk, brush the biscuits over with this, and bake in a quick oven till done; then remove, and separate the biscuits; serve in a napkin.

Corn Muffins.—One pint yellow Indian meal, 1 pint of flour, 3 ounces sugar, 2 ounces butter, 2 teaspoonfuls cream of tartar, 1 of baking soda, 1 pint of milk, 2 eggs, and ½ teaspoonful salt. Sift the flour with the cream of tartar and salt into a bowl, dissolve the baking soda in a little boiling water, and stir it into the milk. Stir butter and sugar to a cream, add gradually the eggs, and next alternately the flour and milk, with the dissolved soda. Rub the inside of small muffin pans with lard, and fill each three quarters full with the above mixture; bake in a very hot oven to a golden brown. If muffin pans are not handy, pour the mixture into square tin pans about 1 inch in thickness, and when done cut the cake into squares. Care must be taken to obtain only fresh Indian meal.

Rice Muffins.—One cup boiled rice, 2 eggs, 1 cup milk, ¼ cup melted butter, 2 teaspoonfuls sugar, sufficient prepared flour to make a stiff batter; mix all together. Put muffin rings on a hot griddle, lay into each one a little piece of lard and butter, fill them three quarters full with the batter, and bake slowly first on one side, then turn over and bake the other side; they should be light brown and well done. Serve in a napkin. (May be baked in a medium-hot oven.)

Hominy Muffins.—Prepare as rice muffins.

Gluten Gems.—One pint gluten flour, 1 pint milk, 1 egg, 2 teaspoonfuls baking powder mixed with the flour, ¼ teaspoonful salt; mix all together; put the mixture into buttered gem pans and bake in a quick oven.

Oatmeal Gems.—Two cupfuls boiled oatmeal, 2 cupfuls milk, 2 tablespoonfuls sugar, 2 tablespoonfuls melted butter, 2 teaspoonfuls baking powder, and sufficient flour to make a stiff batter. Stir butter and sugar to a cream, add the eggs, next the oatmeal, then the milk; sift baking powder with 1 cup flour, add it to the batter

(if not stiff enough, add more flour); fill the mixture into buttered muffin pans, and bake in a hot oven. Serve hot.

Vienna Puffs.—Two cups sifted flour, 2 cups milk, 1/2 ounce of butter, 4 eggs, a pinch of salt, and 1/2 teaspoonful sugar. Sift flour, salt, and sugar in a bowl; stir butter to a cream, add by degrees the yolks, then alternately the milk and flour, and last the whites beaten to a stiff froth. Fill the mixture into buttered cups about half full and bake in a quick oven. Serve at once in a napkin. If cups are not handy take muffin pans. Time for baking, about 15 minutes. This will make about 24 puffs; they may be served for breakfast with butter or as a dessert with fruit or wine sauce.

Plain Muffins.—One quart prepared flour, 1 teaspoonful sugar, 2 cups milk, 1/2 ounce of melted butter, 2 eggs. Sift flour, sugar, and salt together, add the milk, eggs, and butter. Mix the whole into a thick batter. Put muffin rings on a hot griddle, and 1/2 teaspoonful lard into each one; fill the rings half full with the batter. When baked on one side turn them over gently with a pancake turner and bake till done. They should be of a delicate brown color. Serve hot for breakfast or tea.

Popovers.—Mix 2 ounces flour with 1/2 pint of milk into a smooth thin batter, add the yolks of 2 eggs, 1/2 even teaspoonful salt, 1/2 teaspoonful sugar, 1 tablespoonful melted butter, measured after melted. Beat the whites of 2 eggs to a stiff froth, add the batter slowly to the whites while stirring constantly. Butter 8 gem pans and dust with flour, fill them half full with the preparation, and bake in medium-hot oven from 20 to 30 minutes. Serve in a napkin.

German Puffs.—Place 1/2 pint milk in a saucepan over the fire, with 2 ounces of butter; as soon as it boils, add 4 ounces flour, stir until formed into a smooth paste; then remove, and when nearly cold, add the yolks of 4 eggs; mix until smooth; then add the whites beaten to a stiff froth; stir until perfectly smooth. Divide this mixture into 8 small tin forms, which should be well

buttered and dusted with flour; brush each over with beaten egg and bake in a hot oven from 25 to 30 minutes. Remove, turn the puffs out of forms, and serve at once in a napkin. These puffs are nice for breakfast or lunch.

Tea Puffs.—Four cups sifted flour, 1 yeast cake dissolved in 2 cups of warm milk, 2 ounces of melted butter, 4 tablespoonfuls sugar, ½ teaspoonful salt, and 2 eggs. Make a hollow in center of flour, put in the eggs, salt, and sugar, add milk and yeast, and mix all well together; add lastly the melted butter, and set in a warm place to rise. Half an hour before serving grease some muffin or patty pans, fill them three quarters full with the mixture, and bake in a quick oven; or bake in a long or square pan and cut it into squares.

Breakfast Popovers.—One cup milk, 1 egg, 1 cup sifted flour, ¼ teaspoonful salt. Mix all ingredients well together, fill the mixture into well-greased small patty pans or muffin pans, let them be half full; bake in a medium oven about 40 minutes. Serve for breakfast.

Waffles.—Sift 1 pint of flour with 1 teaspoonful baking powder into a bowl, add 2 tablespoonfuls sugar, ½ teaspoonful salt, and 1 tablespoonful butter; rub the butter and flour together, add 1 pint of milk or cream, the yolks of 2 eggs, mix all well together; beat the whites to a stiff froth and add to the batter. Place a waffle iron over a clear fire; when hot, brush it over with melted butter, and drop into each square 2 tablespoonfuls of the batter. Bake to a fine golden color on each side, which will take from 2 to 3 minutes. Serve as soon as done.

Quick Muffins.—Mix 1 cup of prepared flour with 1 teaspoonful butter, 1 egg, and ½ cupful sour cream or milk, mix into a thick batter, place 6 large muffin rings on a hot griddle, put ½ teaspoonful lard into each, fill each ring half full with the batter, bake over a moderate fire light brown, turn them over with a pancake turner, and bake the same on the other side; serve in a napkin. The rings may be placed in a buttered baking pan and baked in the oven.

BREAD, CAKES, Etc.

Bread.—Sift 1 quart flour into a bowl, add ½ teaspoonful salt, 1 teaspoonful sugar, and ½ ounce of lard; rub the lard and flour together. Make a hollow in the center of flour; break 1 yeast cake into a cup of lukewarm water, add 1 teaspoonful sugar, and let it stand in a warm place until the yeast rises to the surface; then pour it into center of flour, add 1 cup of lukewarm water, and mix the whole into a dough; turn it on to a floured board, and knead till no longer sticking to the hands; then return the dough to the bowl, and set in a warm place to rise to double its size. Butter a brick-shaped tin pan, mold the dough into a loaf, put it in the buttered pan, let it rise to the top, then place it in a moderate oven, and bake 1 hour. When done, turn the bread out of pan, cover with a napkin, and, when cold, place it in a bread box. The same quantity of yeast will be sufficient for 2 loaves of bread, doubling all the ingredients excepting the yeast.

Graham Bread.—Put 1 quart of Graham flour into a bowl, add ½ teaspoonful salt, 2 tablespoonfuls sugar, and ½ tablespoonful lard; rub the lard and flour together, make a hollow in center. Break 1 yeast cake into a cup of warm milk, add 1 teaspoonful sugar, set it in a warm place till it rises to the surface; then pour the yeast in the center of flour, add ½ cupful warm milk, and mix the whole into a stiff batter with a spoon; cover, and let stand in a warm place till double its size. Then add sufficient wheat flour to knead into a soft dough, turn on to a floured board, and knead till ceasing to stick to the hands; mold the dough into a loaf. Butter a brick-shaped tin pan, place the loaf in the pan, let rise to top of

pan, place in a moderate oven to bake 1 hour. When done, turn the bread out of pan, cover with a napkin, and, when cold, place it in a bread box.

Gluten Bread.—One quart gluten flour, ½ teaspoonful salt, 1 teaspoonful butter, 1½ cup warm milk or water, ½ yeast cake. Put flour, salt, and butter into a bowl, rub the butter fine into the flour, dissolve the yeast in a little of the milk, pour it in the center of flour, add the remaining milk, and work the whole into a dough; turn it on to a floured board, and work the dough until it does not stick to the hands. Return it to the bowl, cover, and let stand to rise to double its height; then mold into a loaf, place in a buttered pan, let it rise again till very light, then bake in a medium-hot oven 1 hour.

Rye Bread.—Sift 1 quart of rye flour into a bowl, add 1 teaspoonful salt, ½ ounce lard. Break 1 yeast cake into a cup of lukewarm milk, add 1 teaspoonful sugar, let it stand in a warm place until the yeast rises to the surface. Rub flour and lard together, make a hollow in center, pour in the yeast, add 1 cup of warm milk or water, and mix this with a spoon into a thick batter, cover and set the bowl in a warm place to rise to double its size; then add sufficient wheat flour to work it into a smooth, firm dough, turn on to a floured board and knead it till it does not stick to the hands. Then mold it into a long-shaped loaf, put into a long, shallow tin pan previously buttered; let rise until it begins to crack; brush over with cold coffee or milk, and bake 1 hour in a medium-hot oven. When done, remove and wrap the bread in a napkin until cold. The dough for rye bread should be firmer than for wheat bread; otherwise it will spread in the pan and become too flat. The bread when done should have a fine golden-colored crust all around.

Boston Brown Bread.—Put ½ pint rye flour, ½ pint Graham flour, ½ pint Indian meal in a bowl, add ½ pint water, 1 teaspoonful salt, ½ pint molasses; dissolve 1 teaspoonful baking soda in a lit-

tle hot water, add it to the flour, mix all together, fill the preparation in a buttered Boston-brown-bread form, set the form in a saucepan of boiling water, let the water reach half way up, cover and boil 4 hours.

Raisin Bread.—Break 2 yeast cakes into 1 cup of lukewarm milk, add 1 teaspoonful sugar, set the cup in a warm place till the yeast rises to the surface. Sift 1 pint of flour into a bowl, add 1 teaspoonful salt, 1 cup lukewarm milk, and the yeast, mix into a smooth batter; cover and set it in a warm place to rise till very light, which will take about 1 hour. In the meantime stir 6 ounces butter with 6 ounces sugar to a cream, add 2 eggs and the grated rind of 1 lemon, mix well together; then add the sponge and sufficient flour to make a soft dough. Turn it on to a floured board; add $^1/_2$ cupful seedless raisins and 1 cupful fine-sliced citron; work until it does not stick to the hands. Return the dough to the bowl, cover and let it rise in a warm place to double its size, then mold it lightly into a loaf, put into a round buttered form or in a form with a tube in center; let it rise again to double its size, brush over with beaten egg mixed with a little milk, and bake 1 hour in a medium-hot oven, or till done.

Vienna Rolls.—Break 2 yeast cakes into $^1/_2$ cup of lukewarm milk, add 1 teaspoonful sugar, let stand till the yeast rises to the surface. Put 1 cup sifted flour into a bowl, add the yeast, and mix to a soft dough; lay it into a bowl, pour over $^1/_2$ gill warm milk, cover and let stand till very light (this is called leaven). In the meantime sift 3 pints flour into a bowl, add 2 tablespoonfuls sugar, 1 teaspoonful salt, and $1^1/_2$ cupful lukewarm milk, and work into a firm dough; put it on to a floured board and knead well; then break the dough into small pieces, knead them again together into a smooth dough; repeat this three times; then add in small pieces 2 ounces of butter. Knead the dough five minutes longer, then add the leaven; work until the dough is perfectly smooth and does not stick to the hands, adding more flour if necessary. Lay the dough in a warm

bowl, cover and let rise to double its size. Then divide the dough in small parts 2 ounces in weight; roll each into a round ball, then roll them lengthwise and pointed at the ends, set them in buttered tin pans, cover and let rise till light. Make with a small sharp knife 2 small incisions on top of each; mix 1 beaten egg with 3 tablespoonfuls milk, brush the rolls over with this, and bake in a medium-hot oven to a fine golden color and well done. Remove and serve hot in a napkin.

Hörnchens.—Prepare and divide into 2-ounce pieces a dough the same as in foregoing recipe, roll with the hand each piece of dough into a round ball, and place them for ½ hour in a warm place. Then roll with a rolling pin each one into a 4-inch-square piece, brush over with melted butter; start rolling up at one corner and roll toward the opposite corners, lay them on buttered tins in the form of a horseshoe; cover and let rise till light, which will take from 30 to 40 minutes. Mix 1 beaten egg with 3 tablespoonfuls milk, brush the hörnchens over with this, and bake in a medium-hot oven to a delicate-brown color.

Horns.—Prepare a dough the same as in foregoing recipe, roll it out ½ inch in thickness, cut it out with a cutter in shapes like half moons, lay these in a buttered pan, not too close together, and let rise till light; then brush over with beaten egg and bake light brown in a medium-hot oven. Mix the white of 1 egg with 1 tablespoonful milk and the same of sugar; as soon as the horns are done draw them to front of oven, brush over with the egg mixture, sprinkle over some fine-chopped almonds and granulated sugar, return to oven a few minutes. Remove and serve when cold.

Finger Rolls.—Prepare a dough the same as for Vienna rolls, divide the dough into pieces of ½ pound each, roll these into a rope and cut each into 10 equal-sized pieces, roll each into a round ball; then roll out to the shape of small rolls 3 inches long and pointed at both ends. Lay into buttered finger pans, not too close

together, let rise till light, brush over with beaten egg, and bake to a fine golden color in a moderatly hot oven.

Elsfelder Kränzel.—Break 2 yeast cakes in a cup of warm milk, add 1 teaspoonful sugar, let it stand until the yeast rises to the surface. Sift 1 pint of flour in a warm bowl, make a hollow in the center, pour in the yeast and 1 cup of warm milk, add 1 teaspoonful salt, and mix the whole into a batter; cover and set in a warm place to rise till light. Then stir 4 ounces butter with 4 ounces sugar to a cream, add by degrees 2 eggs and the fine-chopped peel of 1 lemon, stir this into the light sponge; add sufficient flour to make a soft dough, turn the dough on to a board, and work till it ceases sticking to the hands. Return it to the bowl, cover and let rise to double its size; then lay the dough on to a floured board and roll it out 1 inch in thickness, spread a layer of fruit marmalade over, and roll up like a music roll. Lay the roll in a buttered pan in the shape of a horseshoe, let rise again until very light, then brush over with beaten egg, and bake in a medium-hot oven till done. In the meantime mix the white of 1 egg with 1 tablespoonful milk and 1 tablespoonful sugar. When the kränzel is done brush this all over the cake and sprinkle over 2 tablespoonfuls granulated sugar, return it for a few minutes to the oven, and serve when cold.

Hot Cross Buns.—Break 1 yeast cake into 1 cupful lukewarm milk, add 1 teaspoonful sugar, place the cup in a warm place till the yeast rises to the surface. Sift 1 cup of flour into a bowl, add the yeast and $\frac{1}{4}$ teaspoonful salt, mix it into a sponge, cover and let stand in a warm place till light. Then stir 2 ounces butter with 2 tablespoonfuls sugar to a cream, add the grated rind of $\frac{1}{2}$ lemon and 1 egg, stir this into the light sponge; add 1 cupful well-washed and dried currants and sufficient flour to make a soft dough. Turn the dough on to a floured board and work till it ceases sticking to the hands, return to bowl, cover and let rise in a warm place to double its size. Then divide the dough into small egg-sized

pieces, roll these with the palm of the hand into round balls, set in a buttered baking pan, not too close together, cover and let rise till light, brush over with beaten egg, and bake in a medium-hot oven till done. The dough may be rolled out to ¾ inch in thickness and cut out the same as biscuits and laid ½ inch apart in buttered pans.

Nuss Beugeln.—Break 1 yeast cake into 1 cupful lukewarm milk, add 1 teaspoonful sugar, set in a warm place till the yeast rises to the surface. Sift ½ pint of flour into a bowl, add ½ teaspoonful salt and the yeast, mix all into a smooth batter, cover and let it rise in a warm place till light, about 40 minutes. Stir 2 ounces butter with 2 ounces sugar to a cream, add 2 eggs, one at a time, and the fine-chopped peel of ½ lemon; add the above sponge and sufficient flour to make a soft dough, turn it on to a floured board, and work until no longer adhering to the hands. Return the dough to the bowl, cover and let it rise in a warm place to double its size. In the meantime prepare the filling as follows: Mix the yolks of 3 eggs with the grated rind of ½ lemon, 4 ounces fine-chopped blanched almonds, and 4 ounces powdered sugar. As soon as the dough has risen to the desired lightness turn it on to a floured board, divide it into 2 parts, roll each part with a rolling pin separately out to ⅛ inch thickness, lay 1 part aside, and cover the remainder with small portions of the above-mentioned almond filling (about the size of a pigeon's egg) 1½ inch apart; then moisten the dough around the filling with a brush dipped in water. Lay over the other part of dough, press it around the filling with the finger, then cut them out with a round cutter either into round or half-moon shapes. Set in buttered shallow tin pans, let rise in a warm place till light, then brush over with beaten egg, and bake in a medium-hot oven to a fine golden color until done. Mix the white of 1 egg with 1 tablespoonful powdered sugar and 1 tablespoonful milk, brush this over the cakes as soon as done. Sprinkle over some fine-chopped almonds and a little granulated sugar, return for a few minutes to the oven, then remove and serve when cold.

Butterkuchen.—Sift 1½ cup flour in a bowl, add ½ teaspoonful salt; break 1 yeast cake into small pieces in ½ cup of warm milk, add 1 teaspoonful sugar, and let stand until the yeast rises to the surface, then add it to the flour; add 1 cup warm milk and mix it with a spoon into a smooth batter. Cover and set in a warm place to rise till very light. Then stir ½ cup butter with ½ cup sugar to a cream, add 2 eggs (one at a time, stirring a few minutes between each addition); add the grated rind of 1 lemon, the sponge, and sufficient flour to make a firm soft dough. Return the dough to the bowl, cover, set in a warm place until the dough has risen to double its size, then divide it into 3 equal parts; the best way would be to weigh them. Do not handle the dough any more than may be helped. Roll each part out with a rolling pin, about ½ inch in thickness, put it into a long shallow buttered pan, set it for the third time in a warm place to rise to double its height; then pour over each cake 2 ounces melted butter, sprinkle over each 3 tablespoonfuls granulated sugar and a little cinnamon; place in a hot oven, and bake to a fine color and well done.

Cinnamon Buns.—Prepare a butterkuchen dough, divide it into three parts, roll them out a half finger thick, sprinkle over each ½ cupful currants, ½ cup sugar, a little cinnamon; pass the rolling pin over the currants; roll the dough up like a music roll, and cut it in 1-inch-thick slices; lay them in a buttered pan, and let them rise to double their size; brush them over with melted butter, sprinkle over a little sugar and a pinch of cinnamon; bake in a medium hot oven.

CAKES, TORTEN, Etc.

Jessaline Cake.—Half pound butter, 1/2 pound flour, the yolks of 8 eggs and 6 whites, 1 teaspoonful baking powder, the grated rind of 1 lemon, 1/2 teaspoonful vanilla, and 1/2 pound sugar. Stir the butter to a cream, add the sugar, stir 30 minutes; then add the yolks one at a time. Sift flour and baking powder together, beat the whites to a stiff froth, add the above preparation in small portions to the whites, add lastly the flour and 1/2 pound of fine-sliced candied fruit lightly dusted with flour, put the preparation in a buttered and paper-lined pan, and bake 1 hour in medium-hot oven. When done, remove the cake, let it rest for a few minutes, turn it out of pan, and when cold ice with wine glaze. (For wine glaze, see my book Desserts and Salads, recipe 924.)

Bonsalina Cake.—Three quarters cupful butter, 1 cup powdered sugar, the whites of 6 eggs, 1 pint of flour, 1 heaping teaspoonful powder, 3/4 cupful milk, 1 teaspoonful orange extract. Wash the butter in cold water, then place it in a bowl, add the sugar, and stir it to a light white cream; sift the baking powder and flour together, add it gradually alternately with the milk, the beaten whites to the creamed butter and sugar, add the flavoring. Pour the mixture into 2 jelly tins (previously buttered and floured), spread it even with a knife, and bake in a medium-hot oven. When done remove and let them rest for a few minutes, then turn them out on to a paper, which should be dusted with powdered sugar; when cold prepare a filling as follows: Boil 1/2 cup of sugar with 1/4 cupful water until it forms a thread between 2 fingers, then add 1 tablespoonful best rum. Beat the white of 1 egg to a stiff froth, add

a little pink coloring, pour in the boiling sugar while beating constantly, add ½ teaspoonful vanilla and 4 ounces fine-chopped pecan nuts; spread this over the cake, put on the other layer, pour over first a pink sugar glaze, then a thin white glaze, and put a border of candied rose leaves around the edge. For glaze: Put 1 cup of sifted powdered sugar in a saucepan, add 2 tablespoonfuls water, stir over the fire until lukewarm; add a little pink paste, pour it over the cake, leave the second icing white.

Peanut Cakes.—Stir 4 ounces butter with ½ pint of powdered sugar to a light white cream, add the yolks of 2 eggs and 1 whole egg, stir 5 minutes, flavor with the grated rind of 1 lemon; then sift ½ pound of flour with 1 teaspoonful baking powder, add the flour alternately with 1 gill of milk to the above mixture. Butter 2 medium-sized jelly tins and sprinkle them with bread crumbs, divide the cake batter equal in the pans, smooth them over with a broad-bladed knife, and bake in a medium-hot oven till done. In the meantime shell 1 pint of peanuts and break half of them in pieces. Boil ½ cup of sugar with ½ gill of water until it begins to turn yellow; have the whites of 2 eggs beaten to a stiff froth, add slowly the boiling sugar while beating constantly, add 1 tablespoonful of Jamaica rum or 2 of sherry wine, and set for a few minutes aside to cool. When the cakes are done remove, turn them on to a paper on which a little powdered sugar has been sprinkled. After a few minutes move them to keep from sticking to the paper; when nearly cold lay 1 cake upside down on the plate, spread over the iceing, cover with the broken peanuts, lay the remaining cake over it, and dust with sugar.

Genoises.—Sift ½ pound flour with 1 teaspoonful baking powder, melt ½ pound butter in a saucepan; let it boil up once, remove, and 5 minutes later take off the scum; pour the butter into a cup leaving the sediment in the saucepan; stir ½ pound powdered sugar with 3 whole eggs and 2 yolks to a cream, add the grated rind of 1 lemon, then add the flour, stir until smooth; next add slowly

the melted butter, while stirring continually; add last the beaten whites of 2 eggs. Line a long shallow buttered tin pan with paper, pour in the mixture, spread it even with a knife, the mixture should be about ½ inch thick. When done turn the cake onto a floured board. Cut it into fancy shapes and ice them.

König's Torte.—Chop fine 4 ounces blanched almonds, add 1 teaspoonful cinnamon, a pinch of cloves and mace, 2 ounces fine-chopped peanuts, 2 ounces fine-cut citron, the grated rind and juice of ½ lemon, 2 ounces seedless raisins, 2½ ounces bread crumbs; moisten with wine or brandy. Stir the yolks of 7 eggs with 8 ounces sugar to a cream, add the above ingredients and the 7 whites beaten to a stiff froth, bake in a paper-lined form; when done and cold, glaze the cake with the following glaze: Mix 1 cupful sifted powdered sugar with 2 tablespoonfuls sherry wine, stir over the fire till lukewarm, then pour it over the cake.

Hazelnut Torte à L'Emmita.—Two ounces blanched hazelnuts, 2 ounces almonds, 6 ounces sugar, the yolks and the whites separate of 8 eggs, 2 ounces fine bread crumbs, 1 ounce sifted flour. Pound the nuts with the whites of eggs to a paste in a mortar, add the yolks and sugar, and stir ½ hour; add the bread crumbs and beaten whites, and lastly the sifted flour. Bake in 2 paper-lined jelly tins to a delicate brown. Prepare filling as follows: Stir 3 ounces butter to a light white cream, add the yolks of 2 eggs, one at a time, while constantly stirring; next 2½ tablespoonfuls powdered sugar, 1 teaspoonful vanilla extract, 1½ ounce fine-cut citron, 3 ounces fine-cut hazelnuts, 2 ounces fine-cut pistachio, and 3 to 4 tablespoonfuls Madeira or sherry wine. Mix all well together and put between the 2 cake layers. Ornament the top with white icing, like lattice work.

Schaumtorte à L'Annita.—Make 2 layers of cake as in foregoing recipe, and put whipped cream sweetened with sugar and mixed with fine-cut hazelnuts between the 2 layers. Cover the cake with a thick layer of the same cream, and set blanched hazel-

nuts around the edge of cake. A little dissolved gelatine may be added to the cream.

Brodtorte.—One half pound blanched almonds chopped fine, 14 eggs, 1 pound powdered sugar, 1/4 pound rye bread crumbs, 1/4 pound macaroons rolled fine, 2 tablespoonfuls grated chocolate, 2 teaspoonfuls cinnamon, 1 nutmeg grated, the grated rind of 2 lemons, 1/4 pound fine-cut citron, 1/2 cup of brandy or rum. Cut rye bread into slices and dry in the oven, then roll fine with a rolling pin; after rolling, weigh the crumbs, take 1/4 pound and wet with the brandy. Put the sugar into a large wooden bowl, make a hollow in center, put in 1 yolk at a time and stir with a wooden spoon; add gradually all the yolks, continue stirring for 3/4 hour; then add by degrees while stirring constantly all the above ingredients, and last the whites beaten to a stiff froth. Line with buttered paper a large round cake pan about 3 inches deep and 12 inches in diameter, pour in the cake mixture and bake in slow oven. When done put a chocolate icing over the top and sides of cake and place it for 5 minutes in the oven. (For chocolate glaze, see my book Desserts and Salads, recipe 937.)

Mandeltorte.—Scald 1/2 pound sweet and 1 1/2 ounce bitter almonds in boiling water, remove the brown skin, spread the nuts out on a paper, and when dry grind them fine. Stir the yolks of 10 eggs with 1 1/4 cup powdered sugar for 1/2 hour, add the grated rind of 1 lemon, 4 tablespoonfuls fine white bread crumbs, the grated almonds, and lastly the whites of 8 eggs beaten to a stiff froth. Bake in a buttered and paper-lined form for 1 hour. Remove from the oven, let stand a few minutes, then turn out of form, and when cold ice with following icing: Place 2 cups of sifted powdered sugar in a small saucepan, add 3 tablespoonfuls water, 1 tablespoonful lemon juice, stir it over the fire until lukewarm, then pour it over the cake; decorate the top with blanched almonds or with pink candied almonds.

Sandtorte.—Melt 1/2 pound of butter, remove the scum, pour the butter into a cup leaving the sediment in saucepan; set the

butter aside to cool. Sift 4 ounces flour and 4 ounces cornstarch with 1 teaspoonful baking powder. Stir the yolks of 8 eggs with ½ pound powdered sugar 15 minutes; add the grated rind of 1 lemon, and 1 teaspoonful vanilla, then add the flour, stir a few minutes, then slowly add the butter, and last the beaten whites of 8 eggs; pour the mixture into a paper-lined form, set the pan with cake into a larger one with a double-folded paper between the two pans, this will protect the cake from burning. Bake in a moderate oven, and when done, remove the cake; let it rest a few minutes, then turn it out of pan onto a floured board, and when cold ice it with following glaze: Mix 1 cupful of sifted powdered sugar with 1 teaspoonful lemon juice and 2 tablespoonfuls water, stir over the fire till lukewarm, then carefully pour it over the cake; and if wanted very fancy, decorate the top with cinnamon straws (candied) or the cake may be left plain.

Angel Cake.—One and a half cup of granulated sugar, the whites of 11 eggs, 1 teaspoonful essence of vanilla, ½ pint flour, 1 teaspoonful cream of tartar; sift flour and cream of tartar 3 times, beat the whites to a stiff froth, add gradually the sugar, then the vanilla, and last the flour. Butter a cake mold and dust it with flour, pour in the mixture, and bake in a slow oven about ¾ hour. Then pour the following glaze over it: Mix in a small saucepan ½ cup of sifted powdered sugar with ¼ gill of cold water, ½ gill sherry wine, and ½ teaspoonful vanilla extract; stir over the fire until hot, then pour over the cake, and when dry cover it with the following icing: Mix the white of 1 egg with 6 ounces sifted powdered sugar, beat for 10 minutes, then spread over the cake, let dry in a cool place.

St. Julia Sultana.—Prepare a fine paste as in recipe 663 of my book Desserts and Salads; roll out ¼ inch in thickness, lay over it a tin plate, and cut the paste off close to the edge; then lay the round piece of paste on to a round piece of buttered paper, lay the paper in a large shallow tin pan, decorate the edge with a border of

leaves cut from the remaining paste; or put some pâté-à-chou in a paper funnel and squirt a border around the edge 1 inch high; then squirt small rills toward the center of round, so that the sultana may be cut by these rills. Brush the whole over with beaten egg, and bake in a medium-hot oven till done. Then prepare a pâté-à-chou as follows: Place a saucepan with 2 ounces butter, ½ pint milk, a pinch of salt, 1 tablespoonful sugar over the fire; as soon as it boils add 4 ounces flour, stir until it loosens from the saucepan, then remove, and when nearly cold mix with the yolks of 5 eggs and the beaten whites of 2; stir until perfectly smooth. Then put with a teaspoon small portions on a buttered tin, brush over with beaten egg, and bake in a quick oven till done. Remove, and when cold fill with pink whipped cream and ice with pink or white icing; then fasten with white of egg and sugar on to the edge of the above paste 1½ inch apart; put between the cream cakes some candied cherries, pineapples, and plums; spread over the surface strawberry marmalade and fill the center with whipped cream.

Gâteau à la Carey.—Two cups flour, ¾ cup butter, 1 cup powdered sugar, 6 eggs, 1 teaspoonful vanilla, and 1 teaspoonful baking powder. Wash the butter in several cold waters, and dry it in a napkin. Put butter in a mixing bowl and stir it with a silver spoon for 10 minutes; add to this ½ the sugar, and stir 20 minutes more; next add the yolks one at a time, stirring a few minutes between each addition. Beat the whites to a stiff froth; add the lemon and the remaining ½ cup sugar, beat for 5 minutes; then add slowly by spoonfuls the above mixture while constantly beating with an egg beater. Sift flour and powder together, stir it lightly through the mixture, bake in a well-buttered and paper-lined form 1 hour in a medium-hot oven. If the cake should brown too much on top put a piece of buttered paper over. Remove when done, when cold cover with a layer of pineapple marmalade, then ice it carefully with sugar glaze (see recipe 927 in my book Desserts and Salads), and decorate the tops with candied plums.

St. Honore Cake.—Bake a small sponge cake in a deep jelly tin 1 inch in thickness to serve as the bottom of St. Honore. Divide 3 seedless oranges in section and lay them on paper to dry; have ready 2 dozen large grapes. Boil 1 pound sugar with 1 cup water to a crack; dip in the oranges when dry, and lay them on a buttered tin pan; treat the grapes the same way. Prepare half the quantity of cream-cake paste (see page 571), put it into a pastry bag with a No. 3 tube, and press on to buttered tins small round cakes $^1/_2$ inch in diameter, brush over with beaten egg and bake to a pale brown; when done, cut them open on the side and fill them with currant jelly, and glaze them the same as the oranges. Add to 1 pint of whipped cream 1 gill of pounded and sifted macaroons, $^1/_2$ gill of sherry wine, 1 gill of powdered sugar, and 1 teaspoonful of vanilla. Put a fancy paper on a cake board, place the St. Honore bottom on top, cover the center with a layer of pineapple or apricot marmalade, leaving 1 inch margin around the edge free. Have some sugar boiled to a crack. Dip the one side of the cakes lightly into the sugar, and set them close together on the edge of the bottom to form a crown, then dip in the oranges, and set them on top the little cakes, the thick part upward, each one adhering to the other until they form a crown, then dip in the grapes lightly and place them on top of the oranges where the ends meet; and put a small piece of candied cherries in center of each piece of orange section. Then fill the empty space with half the cream; put the remaining in a pastry bag, with a fancy tube, and with it decorate the top artistically.

Macaroons of Sweet Almonds.—Blanch, dry, and grind fine $^1/_2$ pound of almonds, put them into a bowl, add 1 pound powdered sugar, and gradually the whites of 4 or 5 eggs; work the paste with the hand until smooth, flavor either with lemon rind or vanilla sugar, put the paste into a pastry bag, press small portions on sheets of paper 1 inch apart. Put a damp towel over the macaroons, press

it lightly; bake in a slow oven; when done and cold, lay the papers on a wet board, and a few minutes later detach the macaroons and put aside. Chocolate macaroons—add to the above mixture 4 ounces melted unsweetened chocolate and one egg white. Macaroon soufflé—add to the almond mixture the beaten whites of 6 eggs.

Biscuit à L'Elcita.—Four ounces powdered sugar, ½ pound almond paste, 4 ounces flour sifted with 1 teaspoonful baking powder, the yolks of 4 eggs and the whites of 8, 4 ounces melted butter. Stir the sugar and 4 yolks to a cream, add the almond paste in small portions, stir 15 minutes; then gradually add the melted butter, stir 10 minutes. Beat the whites to a stiff froth, add the almond preparation by spoonfuls to the whites while constantly beating. Sift the flour and baking powder 3 times, add it slowly to the mixture, stir for a few minutes, then fill into a buttered and paper-lined form, and bake in a slow oven about 1 hour or till done; then remove, let the cake rest for a few minutes, turn it out of form, and when cold ice it with following glaze: Put 1½ cup of sifted powdered sugar in a small saucepan, add 3 tablespoonfuls sherry wine; place the saucepan over the fire and stir till lukewarm, then pour it over the top and sides of cake.

Charlotte de Russe.—Whip 1 pint of cream till stiff and place it for 1 hour on ice. Fit neatly a piece of writing paper in the bottom of a 1-quart charlotte-de-russe form. Split 12 lady fingers, cut them into even lengths and straight on sides. Mix 1 tablespoonful white of egg with 2 or 3 tablespoonfuls powdered sugar to a thick icing, dip one side of each finger separately into the icing and fit them neatly on side of form. Flavor the cream with 1 teaspoonful vanilla and sweeten with 2 tablespoonfuls sifted powdered sugar. Fill the cream into the form. Cover the cream with fine slices of lady fingers; set for 1 hour on ice. When ready to serve turn the charlotte de russe into a dish; remove the paper and serve.

Orange Cakes.—Two ounces butter, 2 ounces sugar, 4 yolks of eggs, 3 whites, beaten to a stiff froth, 2 ounces flour, little grated orange rind. Stir butter and sugar to a cream; add gradually the yolks, then the flour, orange rind, and last the whites. Put with a teaspoon small portions into paper-lined tins, and bake in slow oven. Glaze them when cold with orange glaze.

Pound Cake.—Half pound flour, ½ pound butter, ½ pound powdered sugar, 6 eggs, 1 teaspoonful lemon extract. Wash the butter in several cold waters and dry it in a napkin. Put butter in a mixing bowl and stir it with a silver spoon for 10 minutes, add to this half the sugar and stir 20 minutes more; next add the yolks, one at a time, stirring a few minutes between each addition. Beat the whites to a stiff froth, add the lemon and the remaining ½ cup sugar, beat this for 5 minutes; then add slowly by spoonfuls the above mixture while beating constantly with the egg beater. Sift the flour 3 times and stir it lightly through the mixture, bake in a well-buttered and paper-lined form 1 hour in medium-hot oven, do not touch the pan while the cake is baking. If the cake should brown too much on top put a piece of buttered paper over. This will make a medium-sized cake.

Economical Pound Cake.—One pound sifted flour mixed with 1 teaspoonful baking powder, 1 pound powdered sugar, ½ pound butter, 6 eggs, ½ cup milk, the juice and rind of 1 lemon. Stir butter and sugar to a cream, add by degrees the 6 yolks, then the lemon; next add alternately the milk and sifted flour, and lastly the whites beaten to a stiff froth; bake 1 hour in a large well-buttered and paper-lined form in a moderate oven.

Ringlets.—Rub the bottom of long shallow tin pans with butter and dust them with powdered sugar. Then prepare a cake mixture the same as for lady fingers, put it into a paper funnel and drop the mixture in the form of rings into the pan, dust over some sugar and bake in a cool oven. When done cut them even with a round cake cutter, also the inside so that the rings obtain a nice shape;

spread the under side with marmalade or jelly; pour over this a wine glaze, sprinkle fine-chopped nuts over and let them dry a few minutes in front of oven.

Swiss Ringlets.—Mix 2 cups sifted flour with 5 tablespoonfuls sugar, ¾ cup butter, the yolks of 6 eggs, and the grated rind of 1 lemon into a stiff dough; let rest on ice or cool place for 1 hour. Then roll the dough out on a floured pastry board ⅛ of an inch in thickness. Cut it into rounds about 2 inches in diameter with a round scalloped cake cutter, then cut a small round piece from the center of each cake; lay them into buttered tins, brush over with beaten egg, and bake in a medium-hot oven.

Drop Cocoanut Cakes.—One half cup butter, ½ cup sugar, 1 cup flour, 3 eggs, 1 grated cocoanut mixed with 1 cup powdered sugar, 1 teaspoonful baking powder mixed with the flour. Stir butter and the ½ cup sugar to a cream, add the yolks, one at a time, then beat the whites to a stiff froth, and add them with the flour to the mixture; lastly, stir in the grated cocoanut mixed with sugar. Drop with a spoon into buttered pans, not too close together, and bake light brown. If the cocoanut batter should be too stiff to drop, add a few spoonfuls milk.

Cocoanut Balls.—One pound fresh grated cocoanut, ½ pound powdered sugar, the whites of 3 eggs; beat the whites to a stiff froth. Mix cocoanut and sugar together, add it to the beaten whites; mix the whole together and shape with your hands into small round balls the size of a hickory nut; lay them in buttered and paper-lined tins, and bake in a moderate oven. If the whites of eggs should not be sufficient to wet cocoanut and sugar, add a little more. They may also be shaped into small pyramids.

Berlions.—Three cups sifted flour, 1 cup butter, 1 cup fine sugar, the grated rind of 1 lemon, the yolks of 8 hard-boiled eggs. Rub the yolks fine and press them through a sieve; mix all the ingredients into a stiff paste. Roll with the hands into thin rolls about ½ inch in diameter, cut them slantingly into lengths of 3 to

4 inches; form into rings, dip with the one side first into the beaten white of egg, then into sugar, and bake in a slow oven. In serving, a little jelly may be put in center of each one.

Apple Fruit Cake.—Two cups dried apples, 1½ cup sirup, ½ pint milk, 1 cup sugar, ½ cup butter, 3 eggs, 1 pound raisins, 1 pound currants, 2 teaspoonfuls of mixed spice—of cinnamon, of cloves, and of allspice—½ nutmeg, 3 teaspoonfuls baking powder, 1 pound flour. Soak apples over night. Chop fine, put apples and sirup over the fire, cook 2 hours, set aside to cool. Stir butter and sugar to a cream, add by degrees the eggs, then the apples, fruit, and spice; sift the baking powder with the flour; add flour and milk alternately, mix all together, pour into a paper-lined buttered form and bake in a moderate oven till done.

Macaroons.—Half a pound of almond paste, the whites of 3 eggs, ½ pound powdered sugar, the grated rind of ½ lemon, or 1 teaspoonful vanilla sugar. Add first 1 white to the almond paste and mix it with the hand till soft; then add alternately the sugar and the remaining 2 whites, add the lemon, and fill the preparation into a paper funnel or pastry bag; press small portions on to sheets of paper 1½ inch apart, moisten with a damp towel; sprinkle over some granulated sugar, lay the paper in tin pans, and bake in a moderately hot oven to a delicate brown color. When done and cooled off, lay the paper on a wet board; as soon as the moisture penetrates through the paper the macaroons loosen themselves; remove, and put them in a tin box.

Soft Cookies.—One large cup butter, 1½ cup sugar, 2 eggs, ¼ cup sour cream, ½ teaspoonful baking soda dissolved in a little boiling water, then added to the sour cream. Stir butter and sugar to a cream, add the yolks, next a few spoonfuls sifted flour and the sour cream with soda, then the whites beaten to a stiff froth; add sufficient flour to make a soft paste, roll out thin, sprinkle over some granulated sugar and a little grated nutmeg; pass over this

the rolling pin, cut into rounds with a cake cutter, and bake in well-buttered tins to a delicate brown.

Cocoanut Cookies.—Three quarters of a cup of butter, 2 of sugar, 2 eggs, 1 cup grated cocoanut, 1 teaspoonful baking powder sifted with a little flour. Stir butter and sugar to a cream, add the eggs, the grated cocoanut, and powder; use flour enough to roll out thin, cut into rounds, and bake in buttered tins to a delicate brown. Care must be taken not to get them too brown.

Zamara Cake.—Stir 6 ounces butter with 10 ounces powdered sugar to a cream; beat the whites of 6 eggs to a stiff froth; add them alternately with 12 ounces prepared flour and ½ pint of cream to the butter and sugar, flavor with 1 teaspoonful vanilla sugar; bake in 2 well-buttered and floured jelly tins in medium-hot oven. Filling: Boil 1 cupful sugar with ½ cupful water till it turns yellow, then add 1 tablespoonful rum, ½ teaspoonful vanilla sugar, beat the whites of 3 eggs to a stiff froth, add slowly the boiling sugar sirup while beating constantly, put this preparation between the layers; sprinkle over ½ cupful fine-chopped almonds, cover the top of cake with a layer of pineapple or apricot marmalade, then pour over a white sugar glaze; put a border of candied apricots around the edge of cake.

Kränzel à la Russel.—Stir 12 ounces butter with 12 ounces powdered sugar to a cream, add the yolks of 3 eggs and 2 whole eggs and 1¼ pound flour; work all into a smooth dough, break off small pieces, roll them in 2-finger lengths and ½ finger thick, form them into rings, beat the whites of 3 eggs a few minutes, and pour some into a saucer; dip each ring first into the white of egg, then into coarse sugar mixed with chopped almonds; lay the rings on buttered tins 1 inch apart; place the pan in a slow oven and bake till light brown.

Vanilla Wafers.—One half pound sifted flour, 7 ounces butter, 2 ounces sugar, 1 teaspoonful vanilla extract, the yolks of 3 eggs, ¼

cup cream, 1/4 teaspoonful salt. Mix this into a soft dough, wrap it up in a napkin, and lay it for 1/2 hour in a cool place, then roll it out on a floured board 1/2 inch in thickness, fold it up so that 3 layers lay over one another, roll out again and fold up, repeat this once more, let it rest for 1/2 hour, roll it out again 3 times. Then roll it out thin and cut with a cake cutter into rounds, brush over with beaten egg, and make with the point of a knife small rent in it, bake in a hot oven. In place of vanilla any other kind of flavoring may be taken; also fine-cut citron may be added to the mixture.

Aniseed Wafers.—Mix 1/2 pound sifted flour with 1/2 teaspoonful baking powder, 3 eggs, 1/2 pound powdered sugar, 2 teaspoonfuls aniseed. Stir the sugar and yolks to a cream, add the aniseed and the beaten whites, last the sifted flour. Put with a teaspoon small cakes on a buttered pan, and bake in a moderate oven.

Talmouses.—Place a saucepan with 1 pint milk over the fire, add 1 1/2 tablespoonful butter, a pinch of salt, and stir when it boils 1/2 pound sifted flour into it. Continue stirring until it loosens itself from bottom of saucepan. Transfer the paste to a dish; when nearly cold mix it with 3 whole eggs, 3 tablespoonfuls sugar, and 2 ounces grated Parmesan cheese or fresh cream cheese. Roll out very thin some puff paste, cut out 12 or 15 rounds with a large cutter 3 inches in diameter, put a tablespoonful of the cheese mixture into each one, fold it over from 3 sides so the cheese mixture peeks out in the center, brush over with beaten egg, and bake in a medium oven. When done dust them with sugar and serve on a napkin. This mixture may be put into patty pans which have been lined with puff paste.

Almond Cookies.—Scald 1/2 pound of sweet and 6 bitter shelled almonds; remove the brown skin and pound the almonds fine with the white of an egg. Stir 1 tablespoonful butter with 1/2 pound sugar to cream; add the grated rind of 1 lemon, a pinch of salt, 2 eggs, 1/2 pound flour, and the pounded almonds. Work this

into a stiff dough, roll it out thin, cut into fancy shapes with a cutter, and bake on buttered tins in a medium-hot oven.

Schneeballen.—Sift 3 ounces flour into a bowl, add ¼ teaspoonful salt, a little grated lemon rind, 1 tablespoonful lemon juice, the yolks of 5 eggs, and sufficient cold water to make a firm dough; let it stand a half hour, then roll out on a board very thin, cut into 3-inch-square pieces, cut into each square 3 slits with a knife ⅛ inch from the sides; bake in hot fat, like crullers, one at a time, remove with a skimmer, and dust with powdered sugar. In place of lemon, wine, rum, or any other kind of flavoring may be used. Another way is to prepare a dough of 4 ounces flour, 1 ounce butter, 3 yolks, ¼ teaspoonful salt, and sufficient sour cream to make a dough; then roll it out, fold it together, and set it ½ hour in a cool place; again roll and fold it, let rest ½ hour, then finish the same as above.

Hobelspäne.—Prepare a dough the same as for schneeballen, roll it out on a board as thin as possible, cut into long strips ½ inch wide, roll them round the handle of a wooden spoon, slip into hot fat, and cook to a fine golden color; remove with a skimmer, lay them on a dish, dust with powdered sugar, and serve with fruit, wine, or snow sauce.

Nöhrling.—Boil ½ pint milk with 1 ounce butter, add ½ teaspoonful salt and 1 pint of flour, stir until a smooth paste is formed, remove from fire, let rest 20 minutes, then roll out on a board as thin as a blade of a knife, cut into 3-inch square pieces; bake to a fine golden color, and serve with grape sauce, made as follows: Pick 1 pound of grapes from the stems, wash and place them in a saucepan over the fire; add 1 cupful water, the thin peel of ½ lemon, 2 cloves, and a piece of cinnamon; cover and cook 10 minutes; press the sauce through a sieve into a clean saucepan, return to the fire, add 3 tablespoonfuls sugar and 1 tablespoonful Zwieback crumbs, boil 5 minutes; serve either hot or cold.

Kolatschen.—Rub the yolks of 2 hard-boiled eggs fine, add 2 ounces powdered sugar, 4 ounces flour and 4 ounces butter, a pinch of salt, 1 raw yolk, 1 tablespoonful lemon juice, and 1 tablespoonful rum; mix all the ingredients well together, roll out on a board $\frac{1}{8}$ inch in thickness, cut it into rounds, cover them with méringue, sprinkle over some fine-chopped almond dust with powdered sugar, and bake in a slow oven.

Krapfeln.—Stir the yolks of 6 hard-boiled eggs to a cream with 4 ounces butter, add 4 ounces sugar, the grated rind of $\frac{1}{2}$ lemon, and 5 ounces flour; work the whole into a dough, roll out $\frac{1}{8}$ inch in thickness, cut into rounds with a cake cutter, and bake in medium-hot oven. These cakes, when cold, may be iced with sugar glaze (see recipe 927, in my book Desserts and Salads), or they may be cut into half moons, and when cold put 2 together with marmalade between them and then glazed.

Cream Cakes.—Place a saucepan with $\frac{1}{2}$ pint milk and 2 ounces butter over the fire; as soon as it boils add 4 ounces flour, stir until the contents have formed into a smooth paste, then remove, and when nearly cold add the yolks of 5 eggs, stir until smooth, then add the beaten whites of 3 eggs. Put the preparation in a pastry bag, and press out upon a buttered baking pan small portions the size of an egg, brush over with beaten egg, and bake in a medium-hot oven; when done cut them open on one side and fill them with vanilla cream (139, in my book Desserts and Salads).

Éclairs.—Put a No. 3 tube in a pastry bag, fill in the same preparation as for cream cakes, press it into a buttered tin 3 inches long and $\frac{1}{2}$ inch wide, brush over with beaten egg, and bake in a medium-hot oven; when done cut them open on the side, fill them with vanilla cream, and glaze them with chocolate.

Crullers.—One cup sugar, 1 cup milk, 4 ounces butter, 2 whole eggs, 1 yolk, and the grated rind of 1 lemon. Stir butter and sugar to a cream, add lemon and the eggs, one at a time, stirring a

few minutes between each addition ; then add alternately the milk and sufficient prepared flour to make a stiff dough ; roll it out on a floured board 1/4 inch in thickness, cut with a tin cutter into rounds ; cut a small piece from the center of each, which will give them the form of a ring ; drop into hot fat, and fry to a fine golden color. Remove the crullers with a skimmer, lay for a few minutes on blotting or brown paper ; remove to a dish, dust with powdered sugar, and serve either hot or cold. In place of prepared flour, plain flour may be used ; with 2 teaspoonfuls baking powder.

French Crullers.—Boil 1 pint milk with 1/4 pound butter, stir in while the milk is boiling, 1 pint of sifted flour, continue stirring until it has formed into a smooth paste and loosens itself from bottom of saucepan. When done, transfer the paste to a dish ; when nearly cold, mix with the yolks of 8 eggs, 2 tablespoonfuls sugar, and lastly the whites beaten to a stiff froth ; fill this into a syringe and squirt it into hot lard. Fry light brown. When done, pile them high on a dish and dust with powdered sugar.

Berliner Pfannkuchen.—One pound sifted flour, 1/4 pound butter, the yolks of 8 eggs, 1 tablespoonful sugar, 1/4 teaspoonful salt, 1 yeast cake, and 1 1/2 cup warm milk. Put flour, salt, and sugar into a bowl, make a hollow in the center, dissolve the yeast in 1/2 cup milk, pour it in center of flour. Melt butter in the remaining milk, add it to the flour with the yolks, and mix all into soft dough. Cover with a napkin, and set in a warm place to raise to double its height. Then put half of the dough on to a warm floured board, roll it out about 1/4 inch in thickness and cut with a cake cutter into rounds, brush over with beaten egg, put in the center of half of them a teaspoonful fruit jelly or marmalade. Cover them with the remaining rounds, press the edges together, and cut out once more with a smaller cutter. Then turn them over on to a board with a floured napkin under them. Cover with a warm napkin and form the remaining dough the same way (this must be done quick so that the dough does not get cold). After 30 minutes

they should have risen to double their height. Then fry them in hot lard the same as crullers, not too many at once. Remove them with a skimmer on to blotting paper, dust with powdered sugar, and serve at once on a napkin.

Banana Fritters.—Put 1 cup of sifted prepared flour in a bowl, add ½ tablespoonful butter, rub the butter and flour together; add ½ cup of milk, 1 tablespoonful sugar, and the yolks of 2 eggs. Beat the whites to a stiff froth, add the batter gradually to the whites. Peel 6 bananas, dip each one separately into the batter, and fry in deep hot fat to a golden color (if the batter should be too thick, add more milk); remove, and lay them on paper, then serve on a hot dish with fruit sauce, described below.

Fruit Sauce.—Place a small saucepan with ½ cupful water and ½ cupful sugar over the fire, boil 3 minutes; add ½ cupful currant jelly, boil a few minutes; then strain into a bowl, add 1 gill of sherry wine and ½ cupful preserved cherries.

German Kolatschen.—Place a saucepan with ½ pint of milk over the fire, 2 ounces butter, 1½ tablespoonful sugar, and a pinch of salt; as soon as the milk boils sprinkle in 4 ounces sifted flour while stirring constantly; continue the stirring until formed into a smooth paste and loosening itself from bottom of saucepan; transfer it to a dish, and mix, when cold, with 1 whole egg and the yolks of 4. Take ½ teaspoonful and drop it lightly on buttered tins 2 inches apart, brush over with beaten egg, and bake in a moderately hot oven. When done, brush over the top of each with a mixture made of 1 egg mixed with 1 tablespoonful milk and 1 of sugar; sprinkle over a few chopped almonds, then return to oven a few minutes. Remove, and when cold cut an opening on the side of each and fill with following filling: Whip 1 gill of sweet cream till thick, set on ice ½ hour, then mix with ½ cup of fresh mashed strawberries, add 1 tablespoonful sifted powdered sugar. They can be served as a dessert or for afternoon teas or *kaffeeklatsches.*

Molasses Cake.—Three quarters of a cup of lard or drippings, 3 cups prepared flour, 1 cup molasses, 1 cup sour milk or black coffee, 1 heaping teaspoonful ginger, 1 even teaspoonful cloves, 1 teaspoonful cinnamon, 1 teaspoonful mace, 3 eggs, 1 cup brown sugar. Stir sugar and lard to a cream, add the eggs one at a time, then the molasses and spice, next alternately the flour and milk. (The flour should be measured before sifted.) Pour the mixture into a long buttered pan and bake in moderate oven till done. If plain flour is used, mix it with 2 teaspoonfuls baking powder.

Gingerbread.—One quart flour, 1½ cup molasses, 2 teaspoonfuls ginger, ½ cup melted butter, 1 cup milk, ½ teaspoonful salt, 1 teaspoonful soda diluted in a little hot water. Mix all the ingredients together, pour into a well-buttered and floured 2-inch-deep baking pan, and bake in medium-hot oven till done.

New Year's Cakes.—Four ounces sugar, 4 ounces flour, 2 ounces butter, 2 eggs, ½ cup milk, 1 teaspoonful aniseed, 1 teaspoonful fine-cut lemon peel, 2 pounded cardamom pods. Put the butter in a bowl, set it for a few minutes on the stove to soften the butter, then add the sugar, and stir the two to a cream; add the eggs, the cardamom seeds, lemon, aniseed, and milk; add last the flour. Mix all well together, and bake in following manner: Put a wafer iron over the fire; when hot, brush it over with melted lard, put a teaspoonful of the preparation in center of iron, and bake light brown; then remove from the iron and instantly roll up. When cold, put away in a tin cake box.

Molasses Coffee Cake.—One cup butter, 2 cups brown sugar, 1 cup molasses, 1 cup cold coffee, 5 cups sifted flour, 1 pound seedless raisins, 1 pound currants, 1 teaspoonful cinnamon, the same of cloves, mace, and grated nutmeg, 1 teaspoonful baking soda, 3 eggs. Stir butter, lard, and sugar to a cream, add the eggs one at a time, stirring a few minutes between each addition. Put soda in a cup, pour a little boiling water on it, stir until dissolved; add it to the molasses;

next add the sifted flour, the coffee, and molasses alternately to the above mixture; then add spice, and lastly the raisins. Butter a large dripping pan, dust with bread crumbs, pour in the mixture, spread it smooth, and bake 1 hour.

Peppernuts.—One and a half quart of molasses, 1 pound brown sugar, ½ pound butter, ½ pound lard, 1 teaspoonful ground cloves, 2 of cinnamon, 2 of ground aniseed, ¼ pound chopped citron, ½ pound chopped almonds, 2 ounces of whole coriander seeds, 1 grated nutmeg, 4 teaspoonfuls cream of tartar, 2 of baking soda dissolved in a little boiling water; then stir into the molasses 3 eggs and flour enough to make a stiff dough; mix the cream of tartar with the flour. Stir lard, butter, and sugar to a cream, add the eggs one at a time, stirring a few minutes between each addition; next add the spice, citron, and nuts; then add alternately the molasses and sifted flour. Work this with the hands into a stiff smooth dough. Shape it into long rolls about 1 inch in diameter and cut it into slices about ¼ inch in thickness; set these on to well-greased tin pans and bake light brown in a quick oven. When all are done and cooled off put them in a tin cake box; they will keep for a long time. They can also be rolled out very thin and cut into fancy shapes, then brushed over with beaten egg to which 2 tablespoonfuls milk has been added.

Melrose Pudding.—Whip 1 pint cream till stiff and place for 1 hour on ice; then mix with ½ cupful sifted powdered sugar 1 teaspoonful vanilla; add of candied fruit 3 plums, 1 slice of pineapple, 10 cherries, 3 marrons glacé all cut into fine slices. Put 3 tablespoonfuls of the cream into a bowl and color it to a delicate pink with coloring paste. Have a 3-pint melon mold packed in cracked ice, put the pink cream in the center of form; then fill in the white cream. Close the form, and place a strip of buttered paper around the edge of cover; then pack in ice and rock salt, let remain 4 hours. Shortly before serving, remove the form, rinse with cold water, take off the buttered paper, hold the form for a

second in hot water, wipe it dry, turn the pudding on to a dish, and serve.

Nesselrode Pudding.—Boil ¾ pound large chestnuts in water 20 minutes, drain and remove the shells and brown skin, return the nuts in saucepan to the fire, cover with milk and cook till tender; remove from fire, mash fine, and rub through a coarse sieve. Put the chestnut purée in a saucepan, add the yolks of 6 eggs, 1 pint of cream, 1 gill of pineapple sirup, 6 ounces sugar, place the saucepan over the fire, and stir till nearly boiling; then instantly remove, add 1 teaspoonful vanilla extract, and set aside to cool. Place a small saucepan with 1 pint of water over the fire, add 1½ ounce seedless raisins and 1½ ounce fine-cut citron, cook 5 minutes; then drain, and lay the fruit a few minutes on a towel to dry. Put the fruit into a bowl, add 4 ounces fine-cut candied cherries, 1½ cupful fine-cut preserved pineapples, and 1 gill of maraschino, allow to steep for 2 hours. Place the chestnut purée in a freezer and freeze till it begins to thicken, then add the fruit, freeze a few minutes; next add ½ pint of whipped cream, freeze until firm. Fill the cream into a form with a tube in the center, put on the cover, tie with a string, and paste a piece of buttered paper around the edge of cover. Put a layer of fine-chopped ice in an ice-cream pail, sprinkle over ½ pint of rock salt; on top of this place the form, fill the space between form and pail alternately with ice and rock salt; cover the form completely with ice and salt; cover the top with paper, and place the pail in a cool place for 2 hours. Shortly before serving take out the form, rinse with cold water, remove paper, set the form for a second in hot water, then wipe the form dry. Turn it on to a dish and serve.

Biscuit Teutonia.—Put the yolks of 4 eggs in a double boiler, add 1½ tablespoonful sugar, 3 tablespoonfuls maraschino, and 1 tablespoonful Swiss kirsch; or add 2 tablespoonfuls Madeira or sherry wine. Place it over the fire and stir for 5 minutes or until it begins to thicken; then remove, place it in ice water, and when

cold add 1 pint whipped cream, 2 ounces powdered sugar, and 1 teaspoonful vanilla. Cover and let rest 10 minutes; then fill the preparation into 9 paper cases, and sift evenly over the surface 2 ounces finely powdered macaroons. Put the paper boxes into a square biscuit-glacé box, and cover it tightly. Place the box in an ice-cream tub, cover the entire form with cracked ice and rock salt, and let freeze 1½ hour.

Biscuit Glacé.—Prepared the same as Biscuit Teutonia, omitting the macaroons.

Plain Ice Cream.—Sweeten 1 quart of sweet cream with 1 cupful sugar and flavor with 2 teaspoonfuls vanilla extract, then freeze according to direction in recipe 264 of my book Desserts and Salads.

Boiled Méringue.—Place a saucepan with 1 pound granulated sugar and ½ pint cold water over the fire, boil the sugar to the fifth degree (see my book Desserts and Salads, recipe 941). Beat the whites of 5 eggs to a stiff broth, add slowly while constantly beating the boiling hot sugar, then remove the egg beater. Place the bowl with méringue in ice water, stir for a few minutes with a wooden spoon, add ½ teaspoonful vanilla extract, cover and let stand 10 minutes.

Sahnen Baissés.—Prepare a méringue the same as in foregoing recipe; lay a large sheet of white paper on a baking tin, put the méringue with a tablespoon on the paper in the shape of an egg 1½ inch apart, dust with powdered sugar, and bake in a slow oven about ½ hour. Remove, and when cold lay the paper on a wet board; after a few minutes take the shells carefully from the paper, press them with the finger to give a perfect shell shape, return to a cool oven, leaving the door ajar, to dry thoroughly; remove and put away in a paper box. These shells may be filled with marmalade, jelly, ice cream, or whipped cream, and served as a dessert.

Méringue.—Sift ½ pound powdered sugar on a plate, put the whites of 3 eggs into a bowl, add a few grains of salt, and beat until the whites are stiff; then add 1 tablespoonful of the sifted sugar, beat 1 minute longer; remove the beater, add gradually the remaining sugar while stirring the whites lightly with a spoon. Flavor with ½ teaspoonful vanilla sugar or grated lemon rind.

Lady Fingers.—One half pound flour, ½ pound powdered sugar, 9 eggs, the grated rind of 1 lemon. Stir the yolk with half the sugar 10 minutes, beat the whites to a stiff froth; add by teaspoonfuls the remaining sugar, beating a few minutes between each addition, then add the yolks and lemon, fold them in lightly, add last the sifted flour; stir in carefully. Put some brown paper neatly in tin pans, fill the mixture into a pastry bag, and press small portions, in even rows, onto the paper, in the shape of a finger; dust thickly with powdered sugar, and bake in a quick oven. When done lay the paper with the cakes on a wet board; then take them off and put two and two together. Another way is: ½ pound flour, ½ pound sugar, 3 whole eggs, 6 yolks, 1 teaspoonful vanilla sugar.

Jessina Sultana.—Sift ¼ pound of flour into a bowl, make a hollow in center, put in the yolk of 1 egg, 3 ounces butter, the fine-chopped peel of ½ lemon, and 2 tablespoonfuls cream; mix all into a firm paste. Mix 2 ounces almond paste with the whites of 2 eggs, add it to the above paste, work it for 3 minutes on a board, then place it for 1 hour on ice; then roll out the paste ⅛ an inch in thickness, cut it out into a round piece, lay it on buttered paper, place on a baking sheet, brush over with beaten eggs, and bake to a fine golden color in a medium hot oven; remove, and when cold put 1 quart fresh strawberries in the center, sprinkle over 3 tablespoonfuls powdered sugar, cover with 1 pint whipped cream, sweeten with sugar, and flavor with vanilla; fill 9 meringue shells with pink whipped cream, lay them around the edge in the form of a border, set 3 shells on top the cream, and serve.

PUNCHES.

Roman Ice Punch.—Prepare a boiled méringue (like page 577), and set aside. Put 3 cups water and 2 cups sugar into a bowl, add the juice of 5 lemons and 4 oranges, the thin peel of 3 lemons and 4 oranges; mix all together, and let stand 5 minutes, then remove the peel; put this preparation into a well-packed freezer, and turn till it begins to thicken, then add the méringue and continue to freeze till firm, take out the paddle, cover the freezer, draw off some of the water, repack with salt and ice, and let stand. When ready to serve, open the freezer, pour in ½ pint best rum and ½ pint champagne; mix it quickly together and serve in glasses.

Fruit Punch.—Mix ½ pint pineapple sirup with ½ pint raspberry or strawberry sirup, 1 gill of orange juice, 1 gill of lemon juice, and 1½ pint of water; taste, if not sweet enough, add a little sugar. Put this into a freezer, and when it begins to thicken add the beaten whites of 3 eggs; continue to freeze till firm; remove the paddle, let stand covered till 5 minutes before serving, then add ½ pint Rhine wine; mix quickly, and serve in glasses. The wine may be omitted if not liked.

Imperial Ice Punch.—Mix 1 quart pineapple sirup, 2 teaspoonfuls vanilla extract, the juice of 4 oranges and 2 lemons, the thin peel of 1 orange and 1 lemon, a pinch of ground mace, cover and let stand 5 minutes; then remove the peel, put the sirup into the freezer, work it for 15 or 20 minutes; then add Italian méringue the same as in foregoing recipe. Shortly before serving add 2 gills of maraschino, the same of kirsch, Curaçoa, and champagne. Serve in glasses.

Royal Punch, No. 1.—Pare and grate a large ripe pineapple; mix the pulp with 2 pounds sugar and ½ cup water. When the sugar is melted add 1 bottle fine claret, 1 bottle Johannisberger, 1 bottle champagne, ½ bottle arrack, ½ bottle maraschino, the juice of 4 lemons and 4 oranges, and the peel of 1 orange. Mix this well together and let it stand 5 minutes, then strain it through a sieve; fill the punch into bottles, cork them tightly, and lay them a short time on ice before serving.

Royal Punch, No. 2.—Pare and grate 1 large ripe pineapple, add the juice of 20 sweet oranges, 2 pounds sugar dissolved in ½ pint of cold water, 1 bottle arrack, 1 of Madeira, 2 of Moselle, 1 of old Rhine wine, 1 of Capavine, 1 of white Bordeaux, ½ bottle red Burgundy wine. Mix all well together, strain and bottle it, cork tightly, and put in cellar until wanted. Lay the punch on ice for an hour before serving. None but the best wines should be used for this punch.

Regent Punch.—Put into a large porcelain bowl 1 pound sugar, ½ pint strong tea, the juice of 2 lemons and 4 oranges, ½ pint brandy, ½ pint Jamaica rum, 1 bottle champagne. Stir until the sugar is dissolved, strain into a punch bowl and put a large piece of ice in center; or bottle it and before serving lay the bottles for a few hours on ice.

Hot Punch.—Dissolve 1 pound sugar in 1½ quart of cold water and boil 5 minutes; add the juice of 1 lemon and 4 oranges and a little thin peel of both, let boil up; remove from fire, take out the peel, add ½ pint hot strong tea and ½ pint good rum; strain through a fine sieve into a punch bowl and serve either hot or cold.

Rum Punch.—Put 1 pound sugar and 1½ quart cold water into a bowl, set this in a vessel of hot water, cover tightly and let it stand in a warm place for 1 hour. Shortly before serving boil the sirup until clear; add the strained juice of 1 lemon and 4 oranges; let boil up; remove it from the fire, add a little lemon peel, a piece

of vanilla bean, ½ pint strong tea, and ½ pint good rum; strain into a punch bowl and serve.

Claret Punch, Hot.—Boil 1 pound sugar with 1½ pint water to a sirup; add the juice of 2 lemons with 1 bottle claret; add a piece of cinnamon and 4 cloves. Let it get scalding hot, strain and serve.

Claret Punch, Cold.—Dissolve 1 pound sugar in 1½ pint cold water, add the juice of 2 lemons and the rind of 1; let it stand 5 minutes; remove the rind, add 1 bottle claret, and strain into a punch bowl. Cut 1 orange into slices, remove the pits, put the slices into the punch, and also some fine-cut pineapple pieces. Put a large piece of ice in the center and serve.

Lemon Punch.—Boil 1 pound sugar with 1 pint of water; add the peel of 1 lemon and the juice of 3; boil it to a sirup. When cold add 2 bottles white wine, ⅜ of a quart of arrack, and 1 pint of tea, strain through a napkin. Heat it to a boiling point and serve.

Strawberry Punch.—Wash and drain 2 quarts ripe strawberries, put into a porcelain bowl, sprinkle over 1 pound sugar; add 3 bottles Moselle wine and 2 bottles of Bordeaux. Cover and place the punch for several hours on ice. Shortly before serving stir the punch for a few minutes, pour into a punch bowl, and serve. In place of Bordeaux, 2 bottles of Rhine wine may be taken, or add 1 bottle of champagne.

Orange Cardinal.—Put 1 pound loaf sugar into a large porcelain bowl, pour over 1 bottle Rhine wine. When the sugar is melted, put in the thin peel of 2 oranges, let lay 5 minutes, then remove the peel; add the juice of 12 oranges, 1 bottle Rhine wine, and 1 bottle champagne. Strain the cardinal through a fine sieve, cork bottles tightly, and set in a cool place.

Pineapple Cardinal.—Pare and grate a large ripe pineapple into a large porcelain bowl, add 1 pound sugar, 2 bottles Rhine

wine, and 1 of St. Peray wine. Let stand until sugar is melted, then bottle, cork, and set in cool place. Put the bottles on ice before serving.

Cold Cream Punch.—Place a porcelain kettle over the fire with 4 pounds sugar, 4 quarts boiling water, 4 quarts arrack, the juice of 8 lemons, and a fine-cut small vanilla bean; let come to a boil, then add while beating constantly 3 quarts milk or cream. Remove from the fire, cover the kettle with a cloth, and let it stand for 2 hours; then filter and fill in bottles, cork tightly, and set away for further use.

Claret Punch.—Put into a large tumbler 2 teaspoonfuls powdered sugar, 1 slice of lemon, 2 of orange, and 2 gills claret wine; fill the tumbler with fine-cracked ice, add some strawberries (if in season), and sip through a straw.

Sherry Punch.—Put into a large tumbler some fine cracked ice; mix a wineglassful sherry wine with 1 heaping teaspoonful powdered sugar, add 3 slices of lemon and 2 of orange; carefully remove the pits. Fill into the tumbler, and if berries are in season, add a few strawberries or raspberries. Sip through a straw.

Port-wine Punch.—Prepare the same as sherry punch.

Vanilla Punch.—Add to 1 gill of brandy 1 tablespoonful powdered sugar, $\frac{1}{4}$ teaspoonful vanilla extract, 1 teaspoonful lemon juice. Fill the tumbler with fine-cracked ice, and sip through a straw.

Champagne Punch.—Put 1 bottle of champagne into a punch bowl, add $3\frac{1}{2}$ tablespoonfuls powdered sugar, the juice of 1 lemon, 1 orange cut into slices and freed from the pits, 3 slices of pineapple, and 2 tablespoonfuls raspberry sirup. Serve in champagne glasses with fine-cracked ice.

Brandy Punch is made the same as gin punch; take brandy in place of gin, and add a few strawberries or raspberries if in season. Sip it through a straw.

Eldorado Punch.—Two tablespoonfuls brandy, 1 of Jamaica rum, 1 of Bourbon whisky, 2 teaspoonfuls powdered sugar, 1 slice of lemon. Fill the tumbler full of cracked ice, add a few pieces of orange or strawberries if in season. Sip through a straw.

Gin Punch, Cold.—Put ¾ gill of gin and the same quantity of water in a large tumbler, add 1 tablespoonful raspberries and 2 tablespoonfuls gum sirup, 1 slice of orange, 1 of pineapple, and 1 of lemon. Fill the tumbler with fine-cracked ice, and sip through a straw.

Milk Punch.—Put into a large tumbler 2 teaspoonfuls powdered sugar, 1 tablespoonful raspberry sirup, 1 of Curaçoa, 2 tablespoonfuls Jamaica rum, 1 teaspoonful brandy, 1 tablespoonful fine-cracked ice. Fill the tumbler with milk, grate over the top a little nutmeg, and serve.

Milk Punch, Plain.—Put 1 wineglassful brandy in a tumbler, add 1 tablespoonful powdered sugar, also a little cracked ice; fill the tumbler with milk, grate over the top a little nutmeg, and serve.

Milk Punch, Hot.—Dissolve 1 tablespoonful sugar in 2 of hot water, add 2 tablespoonfuls Cognac and 1 of St. Croix rum. Fill the glass while boiling, and grate a little nutmeg over the top.

Milk Punch with Egg, No. 1.—Stir in a tumbler the yolk of 1 egg with 1 tablespoonful powdered sugar to a cream, add 2 tablespoonfuls Cognac, a little cracked ice, and fill the tumbler full of milk; grate a little nutmeg over the top, and serve.

Milk Punch with Egg, No. 2.—Stir the yolk of 1 egg with 1 tablespoonful powdered sugar to a cream, add a small glass of brandy and a little St. Croix rum; then beat the white to a stiff froth in a large tumbler; add the above mixture gradually while beating constantly; then add sufficient milk to fill the glass while stirring all the time; add a little ice, and, if liked, season with grated nutmeg. (Milk punches with egg are mostly used for the sick.)

Eggnog.—Stir 2 teaspoonfuls sugar with the yolk of 1 egg to a cream, add 1 tablespoonful of the best Jamaica rum, beat the white to a froth, add it to the above mixture, and serve. Eggnog prepared in this way is excellent. In place of rum, sherry wine or Cognac can be taken.

Lemonade, Extra Fine.—To make 2 quarts lemonade put 2 cups sugar into a bowl, and grate the rind of 3 large lemons over it. Be careful only to grate off the yellow part. Then press out the lemons, strain the juice and pour it over the sugar, add 1 cup cold water, stir for a few minutes. Cover and let stand for 15 minutes, then stir until the sugar is dissolved; strain the sirup through a sieve, put it in a 2-quart pitcher, fill with ice water, and serve.

Lemonade, Hot.—Dissolve 1 cup sugar in 1 cup water, add the peel of 1 lemon and the strained juice of 2; boil 2 minutes. Then strain, divide this sirup into 4 tumblers, and fill each with boiling water, then serve. To this lemonade any kind of liquor may be added, either brandy, rum, white or red wine, if liked.

Whisky Punch, Hot.—Dissolve 1 tablespoonful sugar in 2 gills of boiling water, add 1 gill of whisky and a slice of lemon; serve hot.

Rum Punch, Hot.—Prepare the same as whisky punch. Take Jamaica rum in place of whisky.

Fruit Punch.—Put the juice of 2 large lemons and 6 oranges in a punch bowl, add 1 pint of well washed strawberries or $\frac{1}{2}$ pint preserved strawberries, 1 peeled pineapple cut into small dice-shaped pieces, add 2 quarts cold water, $\frac{3}{4}$ cup of sugar, and a large piece of ice, or sweeten to taste.

Orange Punch.—Put 2 pounds Clement's orange sugar into a punch bowl, add $1\frac{1}{2}$ gallon cold water, 1 bottle white wine, $\frac{1}{2}$ pint preserved pineapple, $\frac{1}{2}$ pint preserved pitted cherries, 1 pint of fine-cut fresh pineapple, a large piece of ice; mix and serve in small glasses.

May Bowl.—Procure some fresh Waldmeister (*Asperula odorata*) in the month of May, tie it into small bundles, and hang it for 2 hours outdoors in the shade. Put $1\frac{1}{2}$ ounce of Waldmeister into a covered jar; add 2 pounds sugar, 2 quarts Rhine wine or white wine, cover, and set for 1 hour on ice; then strain and serve, or put it into bottles, cork tightly, and put in a cool place. May bowl may be served with cracked ice, or the bottles may be laid on ice 2 hours before serving. Another way is to put the May bowl in a punch bowl and add 1 fine sliced orange without the seeds, or add 1 pint fresh strawberries; also fine-cut fresh pineapple may be added.

FRUIT SHRUBS.

Extensively used for summer beverages.

Lemon Shrub.—Pare the rind as thin as possible from 2 dozen fresh lemons; press out the juice. Strain the juice, and add to each pint of juice 1 pound of sugar and $\frac{1}{2}$ gill of brandy, cut the lemon peel into small pieces and add them to the juice, cover and let it stand 24 hours; then strain and bottle. A few tablespoonfuls of this in a glass of ice water makes a delicious drink.

Currant Shrub.—Put some ripe currants in a saucepan, set in a vessel of boiling water, and let it boil until the juice flows freely; then remove it, and when cold strain through a coarse bag, add to each pint of juice 1 pound sugar, let it boil 2 minutes, and remove the scum; add to every quart of juice 1 gill of French brandy, run it through a Canton-flannel filter, and bottle.

Cherry Shrub.—Put some ripe cherries in a kettle, add sufficient water to nearly cover, and boil till tender; strain through a coarse bag, add to every pint of juice $\frac{1}{4}$ pound sugar, boil 10 minutes; remove from fire, add to every quart of liquid 1 gill of brandy, filter through a Canton-flannel filter, and bottle.

Raspberry Shrub.—Mash 3 pints ripe raspberries in a stone jar, pour over 1 pint white vinegar, let it stand overnight. Next day strain, add to the liquid 4 pounds sugar, let boil up, and remove all the scum; add to each 2 pints of liquid, 1 gill of brandy, and bottle. In using, put 2 or 3 tablespoonfuls in a glass of ice water.

Lemon Liqueur, No. 1.—Put the peel of 5 lemons in 2 quarts of French brandy in a demijohn, cork tightly, and let stand 2

weeks in a warm place. Boil 1¼ pound sugar with 2 quarts water to a sirup, add to this the brandy and lemon peel, put it in a porcelain kettle on the back of stove. Let get hot, but do not allow to boil; strain and keep in well-corked bottles in a cool place.

Lemon Liqueur, No. 2.—Put 4 bottles of Cognac with peel and juice of 16 lemons in a large demijohn, add 1½ pound sugar and 2 quarts boiling water. Shake all well and let stand for 2 weeks, shaking each day. At the end of that time, filter and put with the liquor in well-corked bottle.

Absinthe Liqueur.—Take 13 ounces of fennel seed, 2½ ounces aniseseed, 6½ ounces licorice root, 4 gallons alcohol of 95 degrees, 3 gallons water, 2 ounces peppermint, 6 ounces wormwood. Let all stand 10 days to infuse. Press it in a fruit press and filter through prepared filtering paper.

Raspberry Liqueur.—Put 2 quarts raspberries in a stone jar, pour over 2 bottles Cognac, cover and let stand for 1 week in a warm place. Then strain, add 1 quart of simple sirup, filter, and set away in well-corked bottles.

Vanilla Liqueur.—Dissolve 2 pounds sugar in 2 quarts cold water, add 2 vanilla beans split in two, and boil slowly for ½ hour; remove from fire, and when cold add 1 quart French brandy and a few drops prepared cochineal, filter and keep in well-corked bottles. Or mix 1 quart French brandy with 2 quarts vanilla sirup.

CHAFING DISHES.

Silon Curry.—Put 1 tablespoonful fine-chopped onion with 1 tablespoonful butter in a chafing dish, cook five minutes, add 1 teaspoonful curry powder and 1 tablespoonful flour, stir and cook 3 minutes; add 1½ cupful boiling water and 1 teaspoonful beef extract, 1 teaspoonful salt, cook 6 minutes; add 1 pint of fine-cut cold cooked chicken, turkey, veal, or fish meat, 1 cupful fresh grated cocoanut, ½ cupful of cream, cook ten minutes, then serve.

Oysters à la Cress.—Place 20 large oysters without their liquor in a chafing dish, add 1 tablespoonful Rhine wine or 1 tablespoonful lemon juice, 1 even teaspoonful salt, ¼ teaspoonful white pepper, and 1 ounce butter, cook till the oysters begin to ruffle. Pour the oysters into a dish. Put ½ tablespoonful butter into the chafing dish, add ½ tablespoonful flour, stir and cook 2 minutes; add ¾ cupful of the oyster liquor, a little beef extract, ¼ bay leaf, 8 whole peppers, season with ¼ teaspoonful salt, cook 5 minutes; remove bay leaf and peppers, put in the oysters without the broth, mix the yolk of 2 eggs with ½ gill of cream, stir for a few minutes, add ½ tablespoonful lemon juice, and serve.

Oysters Sautéd.—Place 12 large oysters without their liquor in a chafing dish, add ½ tablespoonful butter, ½ teaspoonful salt, ¼ teaspoonful pepper, cover and cook till the oysters stiffen, then serve; ½ gill of cream may be added.

Clams à la Gude.—Remove the bodies from 20 soft-shelled clams, throw the rest away, place the bodies in a chafing dish, add 1 tablespoonful butter, ¼ teaspoonful pepper, cook 5 minutes; mix

the yolk of 2 eggs with ½ cupful cream, add to it the clams, let it remain a few minutes, then serve.

Clams à la Maryland.—Remove the bodies from 20 soft clams, place the bodies with 1 tablespoonful butter in a saucepan, add 1 tablespoonful fine-cut truffles, 2 tablespoonfuls of sherry wine, ¼ teaspoonful of pepper, cook 8 minutes, being careful not to stir them; mix ½ cupful cream with the yolks of 2 eggs, add it to the clams, let it remain a few minutes, to heat but not boil, then serve.

Tripe à la MacFallen.—Wash and cut 1 pound of tripe into 3-inch pieces, place them in the lower pan of a chafing dish, cover with water, add 1 bay leaf, 12 whole peppers, 1 sliced onion, ½ gill of vinegar, and 1 teaspoonful salt; cook 15 minutes; put in the upper saucepan 1 tablespoonful butter, add 1 tablespoonful flour; stir and cook till the butter has absorbed all the flour, then add 1½ cupful of milk or cream, 1 even teaspoonful salt, ½ teaspoonful nutmeg, if handy ½ gill of mushroom liquor, ½ bay leaf, 8 whole peppers; boil 5 minutes; mix the yolks of 2 eggs with ½ gill of cream, add it to the sauce, add 1 tablespoonful lemon juice. Put the tripe into a dish and strain the sauce over it. Tripe may be prepared in the same manner with oyster sauce, Spanish sauce, or horseradish sauce.

Spring Chicken in a Chafing Dish.—Cut 1 well-cleaned spring chicken into 4 pieces, season with 1 teaspoonful salt and ¼ teaspoonful pepper; melt 1 tablespoonful butter in a chafing dish, add ½ tablespoonful fine-chopped onion; put in the chicken; cover and cook till done; mix the yolk of 1 egg with ½ gill of cream, add it to the chicken; add last ½ tablespoonful lemon juice, and serve.

Quails in a Chafing Dish.—Melt 1 tablespoonful butter in a chafing dish; season 2 well-cleaned quails with 1 teaspoonful salt, put them into the butter; cover and cook till done; then remove them; add 1 teaspoonful flour to the gravy, stir and cook 2 minutes; add 1 cup of boiling water, stir and cook 3 minutes; put the birds

on to buttered toast, pour over the gravy, and serve. Pigeons or any kind of birds can be cooked in the same manner.

The following dishes may be cooked in a chafing dish :

Creamed Lobster,
Lobster à la Newburg,
Creamed Oysters,
Eggs in all styles,
Chicken à la Poulette,
Sweetbreads,
Shad Roe,
Terrapin,
Fondue of Cheese,
All kinds of cereals,
Welsh Rarebit.

Shad Roe.—Place the roe of a fine fresh shad in the lower pan of a chafing dish, cover with cold water, add 2 tablespoonfuls vinegar, 1 sliced onion, ½ tablespoonful salt, 1 bay leaf, 8 whole peppers, and ¼ teaspoonful white pepper; light the lamp, place the pan over it, cover and boil 5 minutes; remove the roe, place it in the upper chafing dish with 1 tablespoonful butter, cover and cook 5 minutes; then turn it and cook 5 minutes on the other sides. Mix 1 tablespoonful butter with the juice of ½ lemon, ½ teaspoonful fine-chopped parsley, and ½ teaspoonful grated nutmeg; lay the roe on to a dish, spread over the butter, and serve.

Flounders à la Dresden.—Remove the fillets from a 2-pound flounder, season them with ½ tablespoonful salt and ¼ teaspoonful pepper, roll them up cork-shaped, and tie with a string or fasten with a toothpick. Melt 1 tablespoonful of butter in a chafing dish, put in the fillets, add 1 slice of carrots, 2 slices of onion, cover and cook till done; remove the fillets, add ½ tablespoonful flour to the sauce, stir and cook 3 minutes, add ¾ cupful water, ½ teaspoonful beef extract, ½ even teaspoonful pepper, ½ bay leaf, cook five minutes; mix the yolk of 2 eggs with ½ gill of cream or milk, add it to the sauce, add ½ tablespoonful lemon juice, stir 2 minutes, then strain the sauce over the fillets, and serve. Flounders prepared in this way may be baked in a medium hot oven, covered with buttered paper, otherwise treated the same as above. Another way is to cover one side of the fillets with fish forcemeat mixed with fine herbs, and cooked in the same manner and served with oyster sauce.

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